





Vol II. Missing 404, 3/75

THE
MEDICAL BOTANIST.
AND
EXPOSITOR OF DISEASES AND REMEDIES.
IN TWO VOLUMES.

VOLUME FIRST—IN SIX PARTS.

Part First—contains a description of Medical Plants, with their localities, and directions for collecting and curing them for medical purposes.

Part Second—contains an arrangement of Medical Plants into classes and other important divisions, in which their medical properties and preparation in a simple form are explained.

Part Third—contains an invaluable selection of Recipes.

Part Fourth—contains a description of the symptoms of diseases, with references to the different remedies for their removal.

Part Fifth—contains remarks on Dyspepsia, Diet, Dress, and Exercise.

Part Sixth—contains remarks on the temperaments of the human system, and on Phrenology.

ALSO, A GLOSSARY.

VOLUME SECOND.

THE MOTHER'S GUIDE:

Contains an abridged System of MIDWIFERY, and much useful instruction upon the diseases and conditions peculiar to females; with directions for the preparation of specific remedies which such diseases and conditions require.

*Man should observe kind Nature's laws,
And from them learn result and cause.*

BY DANIEL J. COBB, BOTANIC PHYSICIAN,
AUTHOR OF THE FAMILY ADVISER, PLAIN SYSTEM OF MIDWIFERY,
MEDICAL INSTRUCTOR, AND FEMALE'S MEDICAL GUIDE.

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CASTILE, N. Y.
PUBLISHED BY THE AUTHOR.
1846.

Entered according to Act of Congress, in the year 1846, by

DR. DANIEL J. COBB,

In the Clerk's Office of the Northern District of New York.

PRINTED BY

GEO. H. BIDWELL,

DANVILLE, N. Y.

P R E F A C E .

The only apology offered for presenting the following pages to the public, is, that a work of this description is greatly needed by the community generally ; and the author is of the opinion that he cannot render as great a service to his fellow citizens in any other way, as by furnishing them with an expositor of diseases and remedies, the plan of which is to bring the directions for the preparation and application of remedies before the reader in so plain and comprehensive a manner as to be clearly understood ; and be referred to with safety and success, in all cases and stages of disease, to which the inhabitants of our country are liable.

In early life the author was severely afflicted with disease, for which he found no remedy with those who claimed supremacy in the healing art ; and was, therefore, reluctantly compelled to seek for relief from a source then exceedingly unpopular. Botanic remedies, administered with a very limited knowledge of any science, had a healthful influence upon the system, which minerals, administered by the most skillful hands, had failed to accomplish. Gratitude for the great benefits received, enkindled the most profound devotion to the cause ; and a willingness to sacrifice ease, interest, and the popular applause of man, has been the consequence.

The author does not pretend to a knowledge of every valuable remedy ; yet he does believe, most sincerely, that no publication extant, contains so great a variety of safe and efficacious remedies, so clearly brought to view, and those, too, within the reach of all, as this compilation. No better evidence need be required of their efficacy, than

can be obtained by referring to those families in which they have been exclusively used for many years ; by which the principle has been fully established, that remedies at hand are the preferable remedies.

This work is arranged with a strict regard to this object : that every family may collect and cure properly, prepare seasonably, and have on hand at all times, every variety of medicine, which diseases commonly met with may require ; which, with a little experience and observation, any one capable of following the directions given, can administer with safety and success.

This publication is also intended for the benefit of those, and the community in which they reside, who are so anxiously in favor of the circulation of an invaluable preparation herein described, that they have been irresistibly compelled to engage in the preparation and circulation of (something like) it ; and being thus driven from their own legitimate business, appear to forget, that he who bears the responsibilities and losses naturally attending the practice of medicine, should also reap and enjoy all its profits, honestly his due.

The great labor and expense, attending the compilation of this work, and the extra pains which will attend the sale of it, compared with books of common interest, and upon the merits of which the community are better prepared to judge, is a sufficient reason to any reflecting mind, why this work should be sold for more than ordinary book price ; yet the author has the satisfaction to know that he does not demand from the purchaser one tenth part of the intrinsic value of the work to any ordinary family.

THE AUTHOR.

THE
MEDICAL BOTANIST,
AND
EXPOSITOR OF DISEASES AND REMEDIES.

PART FIRST.

1. ADDER TONGUE.—*Erythronium Lanceolatum*.

This plant may be found early in the spring on rich moist land. The root is perennial and bulbous, from which arises one or two narrow pointed leaves, quite spotted like the adder. From the large roots, a smooth stem rises from between the leaves from six to ten inches in height, bearing on its top a bright yellow flower, about an inch in length, and turns downward by a short crook, near the top of the stem. This plant soon disappears. An infusion of the tops and roots is very purifying to the blood, and especially after the use of mercury. It also possesses diuretic properties. See classes 9 and 11.

2. ALOES.—*Aloe Spicata*.

This is a perennial plant, and has several varieties. It flourishes in Europe, Asia, Africa and America. The Socotrine, from the Island of Socotra, is considered best; yet the hepatic is often used by physicians. This is an article of commerce, sold by druggists. It possesses cathartic properties. See class 8.

3. ALUM ROOT.—*Geranium Maculatum*.—CRANE'S BILL—FLUX ROOT—WILD GERANIUM.

This is common on most kinds of soil in this country, in woods, new meadows, pastures, &c. The root is perennial, from which rises a number of furzy stalks, early in the spring, to the height of one foot, more or less, according to the fertility of the soil, not thickly set with leaves. At the end of the branches, a purple blossom, consisting of five leaves, is, after a short time, succeeded by a kind of spike, resembling a Crane's bill. The root is about the size of one's finger, irregular in form, of a reddish brown color, often full of protuberances, sometimes a number of inches in length, and possesses astringent and styptic properties. See classes 6 and 23.

4. ANGELICA.—*Angelica Sylvestris*.

This is often found on rich, intervale land, sometimes in swamps, and is cultivated in gardens. A large hollow stalk, from a perennial root, rises to the height of four or five feet, is divided near the top into a number of branches; the extremities of which again divide into small stems, which bear the seeds, similar to the garden parsnip, except that they are smaller and curl together. Both the root and the seeds are aromatic, and possess anodyne, anti-spasmodic, carminative, diaphoretic, nervine, and stimulating properties. See classes 1, 5, 7, 10, 20 and 22.

5. ANISE.—*Pimpinella Anisum*.

The history of this plant, shows it to be an annual plant of Syria and other parts of the eastern continent, and that it is cultivated in Europe and America. The seeds are highly esteemed for their carminative properties, and essential oil. See class 7, and essential oils.

6. ASSAFETIDA.—*Ferula Assafetida*.

This gum resin is the inspissated juice obtained by cutting the roots of a plant, growing spontaneously on the mountains in Persia. That which is clear, of a pale red-

dish color, variegated with white, is best. It possesses anti-spasmodic, expectorant, laxative and nervine properties. See classes 5, 16, 17 and 20.

7. AVENS ROOT.—*Geum Rivale*.—CHOCOLATE ROOT.

This grows in swamps and wet places. The tops near the ground, considerably resemble those of the common English field turnip, and continue green through the winter. A stalk rises annually to the height of one foot or more, and divides into a number of branches. The blossoms are succeeded by burs. The root is not larger than the little finger; is of a dark brown color, much esteemed by many as a beverage at meals, and is a valuable anodyne, astringent and nervine. See classes 1, 6 and 20.

8. BALM OF GILEAD.—*Populus Balsamifera*.

This is cultivated by many for shade, and in some places grows spontaneously. It is a species of poplar; has large buds, which, if gathered in the fall, warmed and prepared, yield a valuable balsam. See Balsams.

9. BARBERRY.—*Berberis Vulgaris*.

This shrub grows spontaneously in New England, and many other parts of the United States, on mountains and hills, in stony places by the wayside, and is cultivated as a door yard shrub, where it soon forms a cluster six or eight feet in height. The bark externally is ash color, and internally yellow. The thorns on this shrub generally grow three together; the leaves grow in a whorl; the blossoms appear in May or June, in a loose pendulous cluster; are of a yellow color, and are succeeded by oblong berries, which become of a scarlet color, and possess laxative properties. The bark of the root possesses anti-bilious, cathartic and tonic properties. See classes 3, 8, 17, and 25.

10. BASSWOOD OR LIN.

This is a forest tree on rich moist land, often grows to a large size, straight and tall, and has large broad leaves.

The inner bark of the root or of the young sprouts, which is very mucilaginous, makes a valuable poultice for painful swellings. The leaves are good for draughts. See poultices and draughts.

11. BAYBERRY.—*Myrica Cerifera*.

This shrub grows spontaneously in most, if not all of the United States, and appears to prefer different soils in different sections; as in New England it grows on dry upland, and in the western part of New York, and at the south, it grows on low land, and in swamps. That which grows on dry upland, is considered more mild and less emetic than that found on low land. At the south, too, it grows much larger than in New England.

The berries from which the well known Bayberry tallow is made, grow close to the branches, either singly or in clusters; are at first green, and, in autumn, of a dull white color. The bark of the root possesses astringent, detergent, emetic, errhine, stimulating and tonic properties. See classes 6, 12, 15, 22 and 25.

12. BEARBERRY.—*Uva Ursi*.

This is an evergreen shrub, growing spontaneously on the mountains in New Jersey, and other parts of the United States. The leaves are of a pale green, small, smooth and oval; and possess astringent, diuretic, nephritic and tonic properties. See classes 6, 11, 19 and 25.

13. BEET.

The leaves of the garden beet are valuable for draughts, and for painful swellings. The root of blood beets, boiled tender, the decoction strained and simmered to a salve, makes an exceedingly valuable application for inflamed and indolent sores. See draughts and salves.

14. BETH ROOT.—*Trillium Latifolium*.

There is a family of plants called by this name, some members of which may be found on almost every variety of soil.

It rises early in the spring, one foot or more in height, has three oval leaves on the top of a smooth stem, from the center of which, on a short stem, a bell-shaped blossom puts forth, composed of three leaves; some of beautiful whiteness, some of deep red, while others are paler, or nearly white. These are accompanied with three outside green leaves. The root of every variety is similar in appearance; bulbous, and surrounded by small fibers; externally of a light brown color, and internally white. The red and the white are the most valuable. The root only is used, which possesses anodyne, nephritic, nervine, styptic and tonic properties. See classes 1, 19, 20, 23 and 25.

15. BETONY.—*Betonica Officinalis*.—HEAD BETONY.

This grows on thinly timbered oak and chestnut land, in woods and uncultivated places in fields. The root is perennial, and branched into large fibers, from which deeply indented leaves, four or five inches in length, on short foot stalks. From the center of these a rough stalk rises, six or eight inches in height, bearing on its top, a soft oblong clump, considerably resembling a large hop; from which the blossoms put forth in May, in form of a parrot's beak; the upper portion of which is red, and the lower yellow. The leaves and roots possess antacid, detergent, diaphoretic and nervine properties. See classes 2, 9, 10 and 20.

16. BITTERSWEET.—*Solanum Dulcamara*.

This grows on rich ground, in hedges and bushy places. It has a smooth woody vine, which winds itself around small underwood near by; and sometimes it is found partly imbedded into the timber. The leaves resemble those of the apple-tree. The blossoms appear in June; are in clusters, and are succeeded by berries, which become of a deep yellow. The bark of the root is also of a yellow color, and possesses anti-septic, detergent, dia-

phoretic and nephritic properties. See classes 4, 9, 10 and 19.

Great care should be observed in collecting this invaluable medicine, as several vines somewhat resemble it, and some of them are poisonous.

17. BLACK ALDER.—*Prinos Verticillatus*.

This grows on wet swampy ground; sometimes to the height of eight or ten feet. It bears an abundance of berries, which become red, and if chewed, turn the spittle yellow. The bark is thickly interspersed with specks, and possesses detergent, laxative and vermifuge properties. See classes 9, 17 and 26.

18. BLACK CHERRY.—*Prinus Virginiana*.

This is a common forest tree, much used by cabinet makers, and bears the well known and much esteemed black cherry. The bark of the root is far superior to that of the trunk, and possesses anti-bilious, emmenagogue, laxative, stimulating and tonic properties. See classes 3, 13, 17, 22 and 25.

19. BLACK MAPLE.—*Acer Barbatum*.—STRIPED
MAPLE—WHISTLE WOOD.

This small forest tree grows on cold hemlock timbered land; has a streaked, greenish bark, and large leaves in form of the sugar maple leaf, which possess great efficacy in removing inflammations. The bark is a valuable detergent. See class 9, draughts and washes.

20. BLACK POPLAR.—*Populus Nigra*.

This is the common poplar, growing spontaneously, and is well known in all parts of the country. The bark possesses tonic and vermifuge properties. See classes 25 and 26.

21. BLACK VERVINE.—*Verbena Nigra*.

This plant grows on intervals and other rich lands in

waste places, at the edge of fields and by the way-side. From a perennial, fleshy, branched root, the stalks arise annually from two to four feet in height. The stalk and its branches, which are numerous, are smooth and of a dark purple color. The leaves resemble those of blue vervine. The blossoms are slim, of inferior appearance, and are succeeded by pods or shells of a dark color; otherwise resembling those of the mullen, except being smaller. The root is the part used, and possesses detergent, diuretic, expectorant and nervine properties. See classes 9, 11, 16 and 20.

Dr. Childs, of Mount Morris, Livingston county, considers the root of this plant of the greatest value, and recommends it internally in strong infusions and in sirups; and, externally, as a wash and fomenting application to painful tumors.

22. BLISTER ROOT.—TOOTHACHE ROOT.

This grows on rich low lands, in woods, new pastures, &c. A number of furzy foot stalks spring six or eight inches in height, from a bulbous perennial root, bearing leaves resembling those of currant bushes. The seed stalk rises one foot or more in height, is considerably branched, and bears bright yellow blossoms, succeeded by small burs. The root is surrounded by small white fibers, and is exceedingly pungent. See class 14.

23. BLOOD ROOT.—*Sanguinaria Canadensis*.

This grows on rich moist beach and maple timbered land, in the forest, and in fields where it can remain undisturbed. In some places it is abundant. Early in the spring large leaves arise on a slim smooth stem, to the height of six or eight inches; are in a round form, divided from the edge about half way to the center into seven parts, the center portion of which is again partially divided into three parts. The blossom rises on a smooth slim stem, a little above the leaves, and consists of eight leaves of beautiful whiteness. The root is about the size of alum

root, and, if broken when green, a juice issues from it resembling blood. The root possesses anti-bilious, anti-spasmodic, cathartic, emetic, errhine and expectorating properties of great value. It also possesses lithontriptic, nephritic and nervine properties. See classes 3, 5, 8, 12, 15, 16, 18, 19 and 20.

24. BLUE FLAG.—*Iris Versicolor*.

This has a perennial root, and grows on rich, open, uncultivated land, near swamps and in other wet places. A number of thick, narrow, green leaves rise in April and May to the height of ten or twelve inches, and are soon accompanied by a round smooth stem one foot or more in height, bearing on its top a purple blossom very much resembling those of the flower de luce, which is succeeded by a triangular pod about two inches in length. The roots branch out from the center in every direction, are two or three inches in length, and generally quite tapering. They possess anti-bilious, cathartic, detergent and nervine properties. See classes 3, 8 and 20.

25. BLUE SKULLCAP.—*Scutellaria Lateriflora*.

This grows on rich low land, partly or entirely cleared, but never plowed. It rises from one to two feet in height, has a square stalk, branches and leaves in opposite pairs; leaves broad at the base, thin, notched, and taper to a slim point; blossoms thickly set exclusively occupy the ends of the branches, are long, pale blue, and are succeeded by caps of a peculiar form. This plant possesses anti-spasmodic, diaphoretic, nervine and tonic properties. See classes 5, 10, 20 and 25.

I cured a case of St. Vitus's dance fourteen or fifteen years since, and the patient remains free from the disease, by the use of a strong infusion of this plant. Dr. Beach, I observe, highly recommends it for the same purpose.

26. BLUE VERVINE.—*Verbena Hastata*.

This plant grows on moist rich land, from two to four

feet in height; is divided near the top into short branches, which terminate in slim stems three or four inches in length, surrounded from one end to the other with small blue blossoms, succeeded by small shells containing the seed. This herb possesses anti-bilious, diaphoretic and expectorant properties. See classes 3, 10 and 16.

27. BLUE VIOLET.—*Viola Corulata*.

This grows on rich moist land thinly timbered, and in pastures, meadows, &c. Early in the spring a number of broad leaves put forth on slim foot stalks three or four inches in height. The blossom, a beautiful blue violet, rises a little above the leaf. The root is perennial, externally rough, seldom as large as the little finger, or more than an inch in length; is mucilaginous, and possesses diaphoretic, expectorant, laxative and nephritic properties. See classes 10, 16, 17 and 19.

28. BOGVEIN.—*Menyanthes Trifoliata*.—BOG BEAN.

This valuable plant grows in a deep, black, mucky soil, where the water stands much of the year. One or more small smooth stalks rise from eight to twelve inches in height, and terminate in a triple compound leaf. Blossoms white, and appear in June. The root is perennial, about the size of the little finger, of a spongy texture; is intensely bitter, sometimes a number of yards in length, and varies in color. Different parts of the same root will be green, a deep yellow, and nearly white, as it is more or less exposed to the action of light and air. It frequently grows in clusters, when the roots form a complete net work. The root, the only part used, possesses anti-bilious, cathartic, diaphoretic, tonic and vermifuge properties. See classes 3, 8, 10, 25 and 26.

Another plant, the root of which considerably resembles this, grows on the same kind of soil. It is powerfully pungent. Let it alone,

29. BONESET.—*Eupatorium Perfoliatum*.—THOROUGH-
WORT — THOROUGHSTEM — THOROUGHWAX—VEGETABLE
ANTIMONY.

This grows most abundant on new wet land, partly cleared. A furzy stalk rises from two to four feet in high, passing through the center of each leaf, which appears like two leaves in opposite pairs. The leaves are rough, from six to ten inches in length, and lessen gradually to a slim point. It has a bushy flat top of white blossoms the latter part of summer. These and the leaves are the only part used, and possess antacid, anti-bilious, diaphoretic, emetic, stimulating and tonic properties. See classes 2, 3, 10, 12, 22 and 25.

30. BOX WOOD.—*Cornus Florida*.

This small forest tree is found in thinly timbered forests, where the land is very rich and moist, and sometimes on dry upland. It has a rough bark and large white blossoms, which are the parts chiefly used. See class 25.

31. BRAMBLE BUSH.—*Rubus Villosus*.—BLACKBERRY
BUSH.

This flourishes on almost every variety of soil where it is sufficiently dry, in hedges, in the corners of fences, and in bushy places, and bears the much esteemed blackberry. The bark of the root possesses astringent, detergent and emetic properties. See classes 6, 9 and 12.

32. BROOK LIME.—*Veronica Beccabunga*.

This small running vine, with its small evergreen leaves, lines the banks of rivulets from living springs in all parts of the country. Its blossoms are blue, and appear in July. This plant possesses antacid, detergent, diaphoretic, diuretic and tonic properties. See classes 2, 9, 10, 11 and 25.

33. BUGLE WEED.—*Lycopus Virginicus*.—ARCHANGEL.

This plant grows where the land is rich and very moist, either partly cleared or in fields. It rises from twelve to

eighteen inches in height, has a square stalk, branches and leaves in opposite pairs, and a small bur surrounds the stalk at each joint. The leaves are of a nauseous bitter taste, and possess astringent, styptic and tonic properties. See classes 6, 23 and 25.

34. BURDOCK.—*Arctium Lappa*.

This grows around barns and on uncultivated places where the land is rich and the soil loose, in door-yards, &c., on almost every farm in this country. It has large leaves near the ground, but those on the stalk and its branches are smaller. The burs are very troublesome to man and beast. The seeds and roots possess carminative and detergent properties. See classes 7 and 9. The leaves are invaluable for draughts. See draughts.

35. BUTTERNUT TREE.—*Juglans Cinerea*.

This tree flourishes in rich soils in all parts of this country, and is so generally known that a description is unnecessary, farther than to observe that it bears the well known nut called the butternut. The bark of the root possesses cathartic and epispastic properties. See classes 8 and 14.

36. CALAMINT.—WILD BASIL—HORSEMINT.

This odoriferous plant grows on moist land and springy places, on mountains, by the side of streams, and in swamps. It rises from one to three feet in height, branching toward the top; has pale green leaves resembling those of catnip, and small white blossoms immediately above each joint, succeeded by small burs which encircle the stalk. A grateful odor is emitted from the fresh plant. It possesses sudorific properties. See class 24.

37. CALAMUS.—*Acorus Calamus*.—SWEET FLAG.

This variety of flag is so well known in all parts of the country, that a description is unnecessary. The root is exceedingly pungent, and when chewed, causes a free

discharge of saliva, and injures the teeth. It possesses carminative, emetic, stimulating and sudorific properties, and is exceedingly valuable in a number of compounds. See recipes.

33. CAMPHOR.—*Laurus Camphora*.

This gum is obtained from trees growing in Sumatra, China and Japan, and is also contained in a fluid state in a number of the vegetable productions of our own country. Elecampano, ginger, lavender, peppermint, sage, sassafras, &c., are said to contain camphor, but not in sufficient quantities for manufacturing. The gum possesses anti-spasmodic, stimulating and sudorific properties, and is usefully employed in a number of the compounds. See recipes.

39. CARAWAY.—*Carum Carui*.

This is cultivated in gardens, door-yards, &c. The seeds, when full grown, are much admired for their agreeable flavor. They possess carminative properties. See class 7.

40. CARROT.—*Daucus Carota*.

This plant is cultivated by farmers generally, either in gardens or fields, for culinary purposes and for cattle. The root, grated or boiled tender, is exceedingly valuable for poultices. See poultices.

41. CASTOR BEAN.—*Ricinus Communis*.

A well known cathartic oil is expressed from the castor bean, a native of Africa and the East Indies, but is now extensively cultivated in many places both in Europe and America. That which is cold pressed is the most pleasant. See class 8.

42. CATFOOT.—*Calaria Pedis*.—GIL-GROW-BY-THE-GROUND.

This grows in many places by the way-side, and at a

little distance considerably resembles low mallows. The vines are slender, and do not rise from the ground, in their growth, without support ; and, in extending to considerable distance, they frequently intermingle and cross each other so as to form a complete mat over the ground. The leaves are about the size and form of a cat's track. The blossoms are small, slender and pale blue. This is a mild yet valuable medicine, and possesses antacid, anti-bilious, carminative, diaphoretic and nephritic properties. See classes 2, 3, 7, 10 and 19.

43. CATNIP.—*Nepeta Cataria*.

There is not, probably, a mother in our country, so ignorant of vegetation, as not to know this valuable plant ; yet few know its worth. Cats are exceedingly fond of it ; whence its name. The leaves and blossoms, with their husks, possess anodyne, carminative, diaphoretic and sudorific properties. See classes 1, 7, 10 and 24.

44. CAT-TAIL FLAG.—*Iris Palustris*.

The leaves of this variety of flag, are so much used for chair bottoms, and by coopers in all parts of the country, that description is unnecessary. The root is the part used, and is long, slim and spongy. Sound roots must be selected for use. It possesses anti-septic and detergent properties. See classes 4 and 9. Good in poultices. See poultices.

45. CAYENNE.—*Capsicum Annuum*.

The common red pepper, and other kinds of an inferior quality, are often used as a substitute for this. But the genuine African cayenne, is far superior to any other, as it is more pure, more pleasant and more powerful. This, when pulverised, is nearly of a bright yellow color, and possesses anti-septic, diaphoretic, errhine, expectorant and stimulating properties. See classes 4, 10, 15, 16, 21 and 22.

46. CHAMOMILE.—*Anthemis Nobilis*.

This is cultivated by many, being much esteemed for the richness of its odor. Its flowers are sold by the druggists. They possess anodyne, antacid, carminative, diaphoretic, nervine and tonic properties. See classes 1, 2, 7, 10, 20 and 25.

47. CHARCOAL.—*Carbo Ligni*.

This should be made of maple timber, sound and well charred; pulverised with as little exposure to the air, after being withdrawn from the bed, as possible, and kept closely corked for use. If exposed to the air after it is sufficiently cool, it will absorb a large quantity of carbonic acid gas, which is injurious. Pure charcoal possesses antacid, anti-septic and laxative properties. See classes 2, 4, 17, and poultices.

48. CINNAMON.—*Laurus Cinnamomum*.

This is the bark of the sprouts of a tree which grows in the East Indies and various other parts of the eastern continent, and in the West Indies. That imported from China is called cassia. It has an agreeable aromatic taste, slightly astringent and stimulating. It is useful in a number of the compounds. See recipes.

49. CLIVERS.—*Galium Aparine*.—CLEAVERS.

This plant grows on low rich ground, in shady places, and near streams; has a slender, square, sickle-edged vine, often a number of feet in length; has a number of branches, six or eight small pointed leaves in a whorl around the stalk at each joint, and small white blossoms. This vine either rests on the ground, or attaches itself to bushes or other substances near by.

A number of writers agree in stating that heat destroys the virtues of this plant, while others direct it to be prepared in boiling water, and even in decoction. I therefore submit these conflicting opinions to the test of experience; preferring its preparation, however, in soft cold water.

It possesses diuretic, lithontriptic and nephritic properties. See classes 11, 18 and 19.

50. CLOVES.—*Eugenia Caryophyllata*.

These are the flower buds of the clove tree ; are imported from warm climates, and extensively used as a common spice. They possess carminative, diaphoretic and stimulating properties, useful in a number of compounds, and disguise the taste of other articles.

51. COCASH.—*Aster Punicus*.—FROST WEED—RHEUMATIC WEED.

This grows by the side of streams and in other wet places ; has a furzy stalk, which rises four or five feet in height, and long narrow leaves ; those at the bottom continue green through the winter. The blossoms are blue, appear late in the fall, and remain until withered by severe frosts. The roots are long, slim, and fragrant, and possess detergent, nervine and stimulating properties. See classes 9, 20 and 21.

52. COHUSH.

There is a family of plants called by this name, viz. The black, the blue, the red and the white ; all of which are used as medicine. The black, (*Actea Racemosa*), also called rattle weed, squaw root, &c., grows on rich chestnut and oak timbered land, thinly timbered, and undisturbed places in fields. A number of stalks rise annually, from four to eight feet in height ; divided into branches one foot or more from the ground, from which a single smooth stalk rises, and terminates in a plume of white flowers, succeeded by small shells, containing the seeds. The root is externally black, has many large fibers, is powerfully stimulating, and possesses also antispasmodic, detergent, emmenagogue and laxative properties. See classes 5, 9, 13, 17 and 22.

The blue, the red, and the white, grow on rich land, heavily timbered but not wet ; rarely exceed twenty-five

or thirty inches in height, are divided into branches near the top, and are known by the color of their berries. The roots only are used. These are said to produce opposite effects. I am not sufficiently acquainted with their medical properties to class them, or give suitable directions for their use.

53. COLIC ROOT.—*Alctris Farinosa*.

This grows on dry sandy or gravelly land, thinly timbered with chestnut, oak and pine. A number of narrowish pale green leaves on short foot stalks, rise annually from the root, and occupy the place of those of the preceding year's growth, which retain in part, their green color through the winter. From the centre of these, a slim stalk rises from one to two feet in height, the top of which is a plume of white blossoms in July. The root is white and hard, but not woody; about the size, and in the form of a large grub worm, and is surrounded by white wiry fibers, which should be separated from it before it is pulverized. This root is of great value, and possesses anodyne, carminative, nervine and tonic properties. See classes 1, 7, 20 and 25.

54. COLUMBO.—*Frasera Walteri*.

This grows on rich oak timbered land, from four to eight feet in height, has a number of branches at each joint, and long smooth leaves; and for a stalk of one year's growth, none appears more majestic. The root is large, long and smooth, a little yellow, and a pleasant bitter. It possesses laxative and tonic properties. See classes 17 and 25.

55. COMFREY.—*Symphitum Officinalis*.

This plant is common about gardens, and generally known; and is often used in sirups as a soothing tonic. It is also good in poultices. See class 25 and poultices.

56. COWFOOT.—CAMELSFOOT.

This plant grows on sandy and gravelly soils, along the banks of streams and on the side of hills, but is rarely met with in this part of the country. It most frequently grows in groups or clusters; has a two lobed leaf, glossy on the upper, and downy on the under side, on the top of each stalk, which is straight, small and furzy, and from six to twelve inches in height. The root consists of many long, small, yellowish woody fibers, from one principal root, and possesses expectorant, nervine and stimulating properties.

Dr. D. H.

57. COWHAGE.—*Dolichos Pruriens*.

“This is a climbing plant, growing in great abundance in warm climates, particularly in the West Indies. The pods are about four inches in length, are round and as large as a man’s finger, and thickly set on the outside with stiff brown hairs, which, when applied to the skin, occasion an intolerable itching.” This hairy substance is prepared for use by dipping the ripe pods in sirup or thin molasses to moisten the hairs, then scrape them from the pods with a knife, and “when the sirup is rendered by the hairs, as thick as honey, it is fit for use.” See class 26.

It is further stated that the alimentary canal is shielded from the action of these hairs, by the mucous coat with which it is lined throughout, while they act mechanically upon the worms and destroy them.

58. CRAWLEY ROOT.—*Petrospora Andromeda*.

This grows on dry timbered land of a rich soil; has a dark colored stalk of inferior appearance, from six to twelve inches in height, bearing on its top a number of yellow blossoms, succeeded by pendulous pods containing the seed. The roots consist of numerous layers, short and tender; the appearance of which has given it the name of chicken’s toes. These roots possess anodyne, diaphoretic, nervine and sudorific properties. See classes 1, 10, 20 and 24.

59. CROTON OIL.—*Oleum Tiglii*.

This oil is obtained by expression from the seeds of a small tree growing in Hindostan, Ceylon, and other parts of India. It is a very powerful cathartic. See recipe.

It is recommended in cases of Dropsy, Apoplexy, &c.

60. CUCKOLD.—*Agrimonia Eupatoria*.

This grows in gardens, plowed fields, and in wet places ; has a square stalk from two to four feet in height, branches in opposite pairs, bearing at their extremities a ball like blossom, succeeded by forked seeds about half an inch in length. The young leaves carefully dried in the shade, make a beverage for table use of a superior quality and flavor. The blossoms, leaves and seeds possess anti-spasmodic, detergent, diuretic, nervine and sudorific properties. See classes 5, 9, 11, 20 and 24.

61. CUCUMBER TREE.—*Magnolia Acuminata*.

This tall, handsome forest tree grows on rich moist land ; leaves of a slender oval form, large, deep green, and smooth. It bears a fruit about three inches in length, nearly an inch in diameter and tapering, and while green, appears rough by the growth of the seeds near the surface, which at maturity drop out, leaving the cucumber quite rough. The fruit and bark of the root have an agreeable spicy flavor, quite pungent, and possess carminative, stimulating, tonic, and (the bark) vermifuge properties. See classes 7, 22, 25 and 26.

62. CULVER ROOT.—*Septandria Virginica*.—CULVER'S PHYSIC—BOWMAN ROOT—BRINTON ROOT.

This grows on rich uncultivated open intervals, from two to six feet in height ; has from four to six narrow pointed leaves in a whorl around the stalk, at short intervals nearly to the top, which is divided into a number of branches or plumes of small white blossoms. The root is unequal in form, has numerous fibers, and is of a dark color. The root of this plant is highly recommended as

a mild, yet thorough cathartic, detergent, diaphoretic and nervine. See classes 8, 9, 10, and 20. Good in cases of inflammation.

63. DANDELION.—*Leontodon Taraxacum*.

This valuable plant is common on every variety of soil, where the ground is sufficiently dry, has a number of leaves close to the ground; from the center of which a round smooth hollow stem, rises from two to eighteen inches in height, on the top of which a bright yellow blossom is succeeded by a downy ball. A milky fluid exudes from the top or roots when broken. The whole of this plant, top and root, is used, and possesses anti-bilious, detergent, diaphoretic, diuretic and laxative properties. See classes 3, 9, 10, 11 and 17.

64. DEADLY NIGHTSHADE.—*Atropa Belladonna*.

This powerfully narcotic plant grows in hedges, along old walls, and around old buildings. Its blossoms appear in July and August, and its fruit is ripe in September, when, like the whole plant, it is black and forbidding in its appearance. This plant is powerfully discutient; good in ointments and poultices.

65. DILL.—*Anethum Graveolens*.

This plant is so commonly cultivated in gardens for the pleasant flavor of its seed that a description is unnecessary. It possesses carminative properties. See class 7.

66. DWARF ELDER.—*Sambucus Ebulus*.

This grows on hemlock timbered land. A single stalk from each root, which is thickly set with short thorns or prickles near the ground, rises from eighteen to thirty inches in height, and has many branches which terminate in a cluster of blossoms in July and August; its berries are ripe in September. The root, which possesses powerful detergent and diuretic properties, is much the best used green. See classes 9 and 11.

67. ERMA OR FOREST PINK.

This is an evergreen, found on chestnut, oak and pine timbered land of a gravelly soil. The leaves put forth from a woody vine of a brown or reddish cast, which attaches itself to the ground as it extends a foot or more in length; are of different forms, generally oval, about two inches in length, a little rough, of a reddish green color. The whole plant has a furzy appearance. The blossoms appear in April, from one to six or more at the end of the stalk and its branches, are small, consist of five leaves, and are white tinged with red; if not shaded, are quite red, and are very fragrant. The whole plant possesses diuretic properties of great value. It is also nephritic and moderately astringent. See classes 11 and 19. It is also nervine.

68. FENNEL.—*Anethum Feniculum*.

This garden plant is much esteemed for the aromatic properties which the whole plant possesses. The seeds are admired by all for the richness of their flavor, especially while green. These possess carminative properties. See class 7.

69. FEVERFEW.—*Matricaria Vulgaris*.—FEATHER-
FEW.

This is a common garden plant one foot or more in height, thickly set with pinnated leaves of a light green color. The branches terminate in blossoms some like those of chamomile, but smaller. This herb possesses carminative, emmenagogue and vermifuge properties. See classes 7, 13 and 26.

70. FIR TREE.—*Pinus Balsamea*.

This beautiful evergreen tree generally grows in or near swamps; but is cultivated as a shade tree on almost every variety of soil. The justly celebrated Balsam of Fir is obtained from blisters in the bark of this tree. An essential oil is obtained from the boughs and bark of the

tree, which possesses anodyne, diuretic and laxative properties. See balsams and essential oils.

71. FIREWEED.—*Erigeron Canadense*.

This grows on heavily timbered land newly cleared, and generally accompanies the first crop very plentifully. It rises from four to eight feet in height, and has a strong and rather unpleasant scent. Another plant, called fleabane, colt tail, cow tail, pride-weed, &c., very much resembling this in scent and medical properties, grows in old fields. The leaves stripped from either before their branches appear, carefully dried in the shade, and the essential oil possesses valuable styptic properties. See class 23 and essential oils.

72. FLAXSEED.

This is a well known seed from which painters' oil is expressed. When slightly scorched, ground, and mixed with honey, it forms an invaluable demulcent for a cough. It is also good in poultices.

73. FOXGLOVE.—*Digitalis Purpurea*.

This plant is a native of Europe, but is cultivated in America. It is a powerful diuretic in dropsy, (see Dropsy) and has a controlling influence over arterial action. See recipe.

74. GAMBOGE.—*Salagmitis Cambogioides*.

This gum resin is the inspissated juice obtained by incisions in the bark of a tree growing spontaneously on the peninsula of Cambodia, in Ceylon, and in the kingdom of Siam. It is of a bright yellow color, and nearly tasteless. It is a powerful cathartic, for which it should always be combined with other articles. See recipes. The dust, in pulverizing, should be avoided as much as possible, as it severely afflicts the head.

75. GARDEN CELANDINE.

This plant grows in gardens, door yards, &c.; has a tender stalk, and light green leaves, from which, when broken, a yellow juice exudes. This herb possesses anti-bilious and detergent properties. See classes 3 and 9.

76. GARLIC.

This well known garden plant has a perennial bulbous root, and long slim leaves. A smooth slim stem rises one foot or more in height, bearing on its top a cluster of seeds like those of the top onion. The roots are much esteemed for draughts, the juice of which is a valuable vermifuge. See class 26 and draughts.

77. GENTIAN.—*Gentiana Lutea Americana*.

This grows on intervalles, undisturbed places in fields, by the way-side, &c., where the ground is very rich and the soil loose. A number of stalks rise annually in a cluster to the height of two or three feet, bearing leaves in opposite pairs all the way up. From three to twelve oblong berries, which become yellow, surround the stalk above each pair of the leaves. The roots branch out in every direction from the stalks, are often the size of the finger or larger near the stalks, and taper gradually a foot or more to a slim point. The bark of the root is the only part used, and when green is quite thick and tender. It possesses anti-bilious, laxative, tonic and vermifuge properties. See classes 3, 17, 25 and 26.

78. GINGER.—*Zingiber Officinale*.

This shrub grows spontaneously in the East Indies, and is extensively cultivated in the West Indies. The root possesses carminative, diaphoretic, stimulating and sudorific properties. See classes 7, 10, 21 and 24.

79. GINGIS.—*Asarabacca*.—COLT'S FOOT SNAKE ROOT.

This grows on beach and maple land, and among hemlock timber, where the land is rich, loose and moist, and

sometimes remains on undisturbed places in fields after the land is cleared. The leaves are supported on slender foot stalks four or five inches in length, and are in the form of a colt's track, except being broader. A ball containing the seeds, half an inch or a little more in diameter, puts out at the end of the root, from between the foot stalks. The root is about the size of a goose quill, often a number of inches in length, is aromatic, and possesses emmenagogue, errhine and stimulating properties. See classes 13, 15 and 21.

80. GINSENG.—*Panax Quinquefolium*.

This grows on moist, rich, heavy timbered land on the side of mountains, &c., and at a little distance very much resembles sarsaparilla. About one foot from the ground the stalk is divided into three branches, from the center of which a slim smooth stem puts forth a number of inches in height, terminating in an umbel of blossoms, succeeded by the seeds, which become red. The root is carrot-shaped, frequently of two or more equal divisions, and two or three inches long. It is a pleasant bitter, and possesses carminative, nervine and tonic properties. See classes 7, 20 and 25.

81. GOLDEN SEAL.—*Hydrastis Canadensis*.

This grows on moist timbered land, to the height of from eight to twelve inches. The stalk is smooth, purple at the bottom, but changes to green near the top, and sometimes divides into two branches two or three inches in length, with a single leaf on each, which generally terminates in five points. One of the branches is sometimes continued about three fourths of an inch above the leaf, bearing on its top a berry containing the seeds, which becomes red; the leaves are finely cut about the edge. The root is irregularly shaped, of a bright yellow; has many fibers, and is intensely bitter. It possesses antacid, anti-bilious, laxative, stimulating and tonic properties. See classes 2, 3, 17, 22 and 25.

82. GOLDEN THREAD.—*Coptis Trifolia*.

This small evergreen grows on elevated spots, in cold swampy places; has a three-lobed leaf, of a glossy appearance, at the top of a smooth upright foot stalk two or three inches in length. The root is small, thread-like, of a bright yellow color, very bitter, and is often used for canker. It possesses detergent and tonic properties. See classes 9 and 25.

83. GREEN WHEAT.—*Triticum Hibernum*.

The juice or a strong infusion of the leaves of green wheat, is highly recommended as an emmenagogue. See class 13.

84. GUAIAAC.—*Guaiacum*.—GUM GUAC.

This gum resin is obtained by heat from *Lignum Vitæ*, (*Guaiacum Lignum*,) a tree of middling size, a native of the West Indies. This gum is of a dark color, easily pulverized, and a powerful stimulant. See recipes. The wood of this tree possesses powerful detergent properties. See class 9.

85. HARD ROOT.—*Bova Melessa*.—OX BALM.

This grows on dry land of almost every variety of soil; has a smooth stalk one or two feet in height, the top of which is a tuft of ashy white blossoms. The leaves are in opposite pairs on the stalk and branches, rather broad, and pale green. The root is about the size and in the form of a humblebee's nest, as hard as white oak timber, and possesses diuretic, lithontriptic and tonic properties. See classes 11, 18 and 25.

86. HEMLOCK TREE.—*Pinus Canadensis*.

This is a common evergreen forest tree, in cold frosty climates. The leaves are very short and small, of a deep green color. The boughs are highly and justly esteemed for their anodyne and sudorific properties, and for fomenting. The bark is an astringent, and an essential oil of

great value is made from the boughs. See classes 1, 6 and 24, essential oils and fomenting applications.

87. HICKORY TREE.

The sap of the green timber of this well known tree is of great value in ear-ache. This can be obtained at any time of the year by putting one end of a green stick into the fire, when the sap can be collected at the other end. A weak lye of the ashes is good in cases of dyspepsia.

88. HIGH CRANBERRY.—*Virburnum Oxyconus*.

This shrub grows on low rich land, to the height of eight or ten feet. It has a light colored bark, and slender branches, which terminate in pendulous clusters of berries. These become red, contain one flat seed, and a juicy pulp of a pleasant acid flavor, grateful as a cooling beverage. The bark of the root possesses anti-spasmodic, nervine and tonic properties. See classes 5, 6, 20 and 25.

89. HOARIHOUND.—*Marubium Vulgaris*.

So called from its hoary appearance, grows by the wayside and other waste places, and is so commonly known as to render a description unnecessary. It possesses laxative properties, is a powerful expectorant, and when used with boneset, is a valuable remedy in all affections of the lungs. See recipe.

90. HOG'S GALL, AND MARROW OF THE JAW.

Are invaluable external applications. See recipes.

91. HOPS.—*Humulus Lupulus*.

These are generally known, as they are used more or less in every family, in making yeast, beer, &c. They possess anodyne, anti-bilious and vermifuge properties, and are invaluable to foment with. See classes 1, 3 and 26, and fomenting applications.

92. HORSERADISH.—*Cochlearia Armoracia*.

The root of this well known plant is admired by many, grated and mixed with vinegar, to be used with meals to quicken the appetite. The root is stimulating, and the leaves epispastic. See classes 14 and 21. Steeped in cider, it is said to be good in St. Vitus's dance.

93. HOUSE LEEK.—*Sempervivum Tectorum*.—HEN AND CHICKENS.

This is a house plant, which multiplies by numerous branches from the root, forming independent plants. The leaves are short, thick and watery. A cooling ointment is made from the leaves. See ointments.

94. HYSSOP.—*Hyssopus Officinalis*.

This is a perennial garden plant, much esteemed for its carminative, expectorating and sudorific properties. See classes 7, 16 and 24.

95. INDIAN HEMP.—*Apocynum Cannabinum*.

This grows on low wet places; has a stalk three or four feet in height, covered with a thick strong coat like that of hemp; leaves pale green, and grow in opposite pairs; blossoms pale red, and at a little distance considerably resemble those of queen of the meadow. These are succeeded by pods about the same length, but smaller than those of the common milkweed. The root consists of long white fibres, is the only part used, and possesses diuretic, laxative, tonic and vermifuge properties. See classes 11, 17 and 25.

96. INDIAN PHYSIC.—*Apocynum Androsaemifolium*.
WANDERING MILKWEED.

This grows on rich loose land without regard to soil, and is frequently found in beds where it occupies the whole ground; has a smooth purplish stalk from two to five feet in height; is divided into a number of branches, which terminate in blossoms resembling those of buckwheat, and

these are succeeded by pods about four inches in length, quite slim, and growing in pairs. The bark of the root only is used. The root is long and slim, has a woody pith, is dark colored, and possesses anti-bilious, diuretic, emetic and errhine properties. See classes 3, 11, 12 and 15.

97. IRON WOOD.—*Caspius Americana*.—LEVER WOOD.

The heart of this common, small, well known forest tree, is a valuable detergent and tonic. See classes 9 and 25.

98. JACOB'S LADDER.

This plant grows on rich soils, in bushy places. A single smooth vine-like stalk, four or five feet and sometimes more in height, branches off in various directions, and attaches itself to shrubbery, &c., near by. The root is irregular, contorted, branched, long and woody, and has many circular depressions on its sides, resembling those on Solomon seal. This is said to possess strong diuretic and lithontriptic properties. See classes 11 and 18.

99. JALAP.—*Convolvulus Jalapa*.

This is imported to us from Mexico. It possesses valuable cathartic properties. See class 8.

100. JUNIPER.—*Juniperus Communis*.

This shrub grows on the high banks of rivers in many places. The berries are much used as a diuretic, and yield a valuable essential oil. See class 11 and essential oils.

101. KNOT-GRASS.

This is a pale green plant, and grows in door-yards and by the way side where the ground is made hard by being occasionally trampled. It has many branches which spread on the ground, so that a thrifty plant will sometimes reach one foot or more each way from the center. The leaves are short and small. The whole

plant possesses diuretic, nephritic and nervine properties. See classes 11, 19 and 20.

102. LADY SLIPPER.—*Cypripedium Pubescens*.

There is a family of plants called by this name which resemble each other in their blossoms and medical qualities. The blossoms of one kind are red, another red and white, another white, and another yellow. That which bears the red blossom is found on high land and in swamps, and has but two leaves, which grow close to the ground. The red and white grows only in swamps; and, like the yellow, which grows both in swamps and on dry land, has leaves all the way up the stalk, which in appearance resemble those of the white hellbore, except being much smaller. The stalks are from one to two feet in height. The blossoms are in the form of a small oblong sack, with an entrance into it near where it joins with the stem. The main root is slim, and is surrounded by a great number of fibers matted together, a little yellow, and crooked like hard twisted twine. These are the only part used, and possess nervine and tonic properties. See classes 20 and 25.

103. LAUREL.—*Kalmia Latifolia*.

This evergreen shrub grows in swamps and on cold upland, in a cold climate. The body of the shrub is crooked and irregular, six or eight feet in height; has beautiful small blossoms, and thick narrow leaves four or five inches long, which possess strong errhine properties, of great value in catarrhal affections. See class 15.

Sheep, if permitted, are apt to eat the leaves in the spring of the year; and when they do, it is generally their last meal.

104. LEMON.—*Citrus Medica*.

This fruit is imported to us from warm climates, and contains an acid juice, which, when properly diluted and sweetened with loaf sugar, is a great luxury as a cooling

beverage in fevers, or for the thirsty traveler in hot weather. A valuable essential oil is made from the rind of the fruit—good to create an appetite. See Conserves and essential oils.

105. LIQUORICE.—*Glycyrrhiza Glabra*.

This is a perennial plant, a native of the South of Europe; but is cultivated in England for medical purposes, and sold in this country by all druggists. An extract is prepared from the root called liquorice ball, which possesses the same medical properties and is more convenient for medical purposes than the root. It possesses expectorant and laxative properties. See recipes.

106. LION'S FOOT MILKWEED.—*Indian name, Dicshonit.*

This plant grows on sandy hills and by the side of streams, from one to three feet in height; leaves large near the ground, but smaller near the top of the stalk, and are broad at the base with points projecting back toward the stalk. The root in form and size resembles that of ginseng, is the only part used, and possesses anti-bilious, detergent, nervine and tonic properties. It is a valuable remedy, boiled in milk and water, for dysentery.

107. LOBELIA.—*Lobelia Inflata*.—EMETIC WEED—INDIAN TOBACCO.

This is a biennial plant, and grows on every variety of soil except in swamps. It rises six inches, and in a loose rich soil, often to two feet in height. The stalk is irregular, branched and furzy; leaves singly, at a little distance apart, furzy on the under side, and the edge appears as if small points projected from it all the way round. The blossom consists of five small pale blue leaves, two of which turn up and three down, and at the base a green pod increases in size as the blossom decays. These readily yield to pressure, and contain a great number of minute seeds. When chewed, every part of this plant com-

municates a sense of pungency, and not unfrequently produces vomiting, attended with great prostration of physical energy. The leaves, pods and seeds are used, and possess antacid, detergent, diuretic, emetic, errhine, expectorant, nephritic and sudorific properties. See classes 2, 9, 11, 12, 15, 16 and 19.

108. LOVAGE.—*Ligusticum Levisticum*.—SMELLAGE.

This is a perennial plant, so common in gardens, yards, &c., that a description is unnecessary. The seeds and roots possess carminative properties. See class 7.

109. LOW MALLOWS.—*Malva Rotundifolia*.

This is an evergreen, hard to subdue in gardens, door-yards, &c. Boiled in milk and water it is useful as a constant drink in bowel complaints. It is also used in decoction as a wash for sores.

110. MAGNESIA.—*Magnesia Carbonas*.

The carbonate of magnesia is a very light, inodorous, white powder, nearly insoluble in water, and is prepared from the sulphate of magnesia. In the New England States it is prepared from the bitterns of the salt works.—It possesses antacid and laxative properties. See classes 2 and 17.

111. MANDRAKE.—*Podophyllum Peltatum*.—MAY
APPLE.

This plant is common, and in some places abundant on beach and maple land, in the middle states at least. Early in the spring a smooth green stalk rises one foot or more, which carries up in its growth the only leaf or leaves it bears. Some of the stalks have but a single leaf, while others are divided into two branches with a large spreading leaf on each; and at the division a single white blossom is supported on a short foot stalk, succeeded by an oblong apple which becomes yellow, of an agreeable scent, and is eaten by many as a luxury. The root is frequently a

number of feet in length, about the size of a pipe stem—has a number of fibres at each joint, and is otherwise smooth. The root is the only part used, and possesses anti-bilious, anti-spasmodic, cathartic, detergent, diaphoretic, expectorant and styptic properties. See classes 3, 5, 8, 9, 10, 16 and 23.

112. MAPLE LEAF ALUM ROOT.

This plant grows on rich moist land, in woods, new pastures and meadows. The leaves are at the top of the foot stalks from six to twelve inches in height, and in form resembling the maple leaf. The root is from six to twelve inches in length, full of sharp protuberances, and possesses powerful astringent and styptic properties. See classes 6 and 23.

113. MAPLE LUNGWORT.

This grows in thin substances, forming dark colored spots on the body of soft maple trees, and somewhat resembles the lobes of the human lungs. It possesses expectorant properties. See recipe.

114. MARIGOLD.—*Calendula Officinalis*.

This is a common annual garden or posy bed plant, and has a large yellow blossom, the leaves of which possess, in a mild degree, antacid, anti-bilious and nervine properties. See classes 2, 3 and 20.

115. MARSH ROSEMARY.—*Statice Caroliniana*.

This grows only near the ocean on salt marshes; is well known where it grows, and is kept for sale by many of the botanic physicians throughout the country. It is a valuable astringent, and I have found it to possess great efficacy in many cases of sore mouth. See class 6.

116. MASTERWORT.—*Heracleum Lanatum*.

This is occasionally found on rich intervalles, and is cultivated in gardens, yards, &c.; has a large hollow stalk

six or eight feet in height, which divides into a number of branches. The leaves near the ground are large, but smaller on the stalk and branches. The branches terminate in large flat umbels of white blossoms which are succeeded by seeds similar to those of the garden parsnip, yet larger. The roots and seeds have an agreeable aromatic scent, and possess carminative, diaphoretic, emmenagogue and nervine properties. See classes 7, 10, 13 and 20.

117. MAYWEED.—*Anthemis Cotula*.

This grows by the wayside, in gardens, fields and yards, and is exceedingly hard to subdue. It has leaves and blossoms resembling those of the chamomile, and possesses epispastic, stimulating and sudorific properties. See classes 14, 21 and 24.

118. MEADOW CABBAGE.—*Ictodes Fætida*.—SKUNK
CABBAGE.

This grows on rich wet land, in springy places, low meadows and in swamps; has a number of large pale green leaves early in the spring, and a dark colored ball containing seeds which comes to maturity in July, when the leaves disappear. The whole plant has a strong scent, resembling that of the skunk. The main root, after being separated from the large wrinkly fibers and all impurities, and the seeds from the ball, are the parts used, and possess anodyne, anti-spasmodic, expectorant, nervine and sudorific properties. See classes 1, 5, 16, 20 and 24. The leaves are valuable for draughts.

119. MILKWEED.—*Asclepias Syriaca*.—SILK GRASS.

This plant has a stalk partly square, which rises from two to four feet in height; leaves in opposite pairs, oval and pale green. The blossoms are at the top of the stalk, succeeded by large pods enclosing a silky down. The seeds considerably resemble those of the garden parsnip. The roots are long and white, of the size of the finger, and

possess diuretic and tonic properties. See classes 11 and 25.

120. MOTHERWORT.—*Leonurus Cardiaca*.

This grows on unoccupied places around buildings where the land is rich and loose ; has a square stalk, leaves in opposite pairs, and a bur composed of seed vessels above each of the leaves, which nearly and sometimes quite surrounds the stalk. The roots consist of a great number of small fibers which possess anodyne, diuretic, emmenagogue and nervine properties. See classes 1, 11, 13 and 20.

121. MOUNTAIN ASH.—*Mons Umbellata*.

This is a small tree and grows in cold mountainous districts ; sometimes in swamps and by the side of lakes.—By some it is cultivated in door yards for the beauty of its pendulous clusters of berries which become red and remain all winter. The leaves resemble those of the locust tree. The bark possesses antacid, anti-bilious, detergent, diaphoretic and tonic properties. See classes 2, 3, 9, 10 and 25.

122. MOUNTAIN MARIGOLD.

This grows on dry sandy ridges, has a purplish stalk from eighteen inches to two feet in high, rough leaves about four inches in length in opposite pairs, and usually a small blossom, in appearance like those of the garden marigold at the top of the stalk. The leaves possess styptic properties. See class 23.

123. MOUNTAIN FLAX.—*Polygala Senega*.—SENECA
SNAKE ROOT.

This grows on dry ridges of land and hill sides, among chestnut and oak timber. A number of stalks rise annually from the root to the height of eight or ten inches, terminating in a spike of white blossoms, thickly set, about an inch in length. The stalk and the leaf resemble those of the common flax when it is small. The root is branch-

ing, woody and crooked, and when chewed the pleasant flavor of wintergreen is first experienced, but soon changes to an unpleasant pungency. It possesses cathartic, diuretic, expectorant and sudorific properties. See classes 8, 11, 16 and 24.

124. MULLEN.—*Verbascum Thapsus*.

This biennial plant grows by the way side, in pastures and old fields ; has a straight stalk six or eight feet in height, the upper part of which is surrounded by small bell shaped blossoms, succeeded by shells containing the seeds. The leaves are large, long and furzy on the upper side. The blossoms, leaves and young plants are useful as medical agents. See classes 8, 17 and draughts.

125. MUSTARD.—*Sinapis Nigra*.

Common mustard seed possesses epispastic and stimulating properties. See classes 14 and 21. White mustard seed (*Sinapis Alba*) in addition, possesses antacid and laxative properties. See classes 2 and 17.

126. MYRRH.—*Myrrha*.

This gum resin is an article of commerce, and is imported to us from Abyssinia, Arabia, India and Turkey.—Good myrrh has a light brown color, and is somewhat transparent. It is the inspissated juice which exudes spontaneously from a small tree, and collects into masses on the bark ; or, it sometimes falls to the ground and becomes mixed with dust. Myrrh has long been used as a medical agent. It is powerfully anti-septic, and a mild emmenagogue, stimulant and tonic ; useful in a number of the compounds.

127. NANNY BUSH.

This small tree or shrub grows in wettish land of a rich soil, from ten to twenty feet in height, considerably resembling box-wood in the roughness and color of its bark. The fruit, when ripe, is black, of a sweetish taste, and

hangs in pendulous clusters from the end of the limbs, about the size of a watermelon seed, though more plump and full. The bark of the root is the part used, and possesses anti-septic, astringent and tonic properties, and is valuable as a wash for sores. See classes 4, 6 and 25, and washes.

128. NETTLES.—*Urtica Dioica*.

This plant somewhat resembles the ox balm or hard root, except that the leaves are narrower and of a deeper green color ; and, if there should be any difficulty in deciding between the two, a brush on the bare skin will at once decide the question. The pulverized root is a good styptic snuff ; or, it may be prepared in sirup for internal bleeding.

129. NONE SO PRETTY, OR INDIAN PINK.

This plant flourishes most abundantly on hemlock timbered land, newly cleared, and sometimes grows on undisturbed places in old fields. It grows from three to six feet in hight, has many branches and long slender leaves which are discontinued toward the top, and long, trumpet shaped, pink colored blossoms, succeeded by long slim pods, encircle the ends of the branches. The root is wandering, has a woody pith, and a thick, brittle outside or bark, which possesses anti-septic properties, and is highly recommended in cases of dysentery to be used either in sirup or infusion. See class 4. The leaves possess powerful styptic properties. See class 23.

130. OAK OF JERUSALEM.—*Chenopodium Anthelminticum*.—WORMSEED.

This plant grows on dry, loomy soils, and rises from one to two feet in hight ; has many branches ; thick, narrow, deeply indented leaves, and small pale blue blossoms. It has a sweet aromatic scent, and to the touch is gummy and adhesive. It possesses emmenagogue, expectorant,

sudorific and vermifuge properties. See classes 13, 16, 24 and 26.

131. ONION.—*Allium Cepa*.

This well known garden vegetable will be found recommended as medicine for several purposes in this work.

132. ORIGANUM OIL.—*Origanum Vulgare*.

This is the essential oil of the origanum herb, and is sold by druggists. It is good in catarrhal affections and in liniments.

133. OVA OVA.—INDIAN PIPE—FIT ROOT—CONVULSION ROOT.

This grows on moist, but not wet land ; has a dark colored loose root, about the size of a chestnut bur, from which one or more stalks rise in the latter part of summer or fall to the height of eight to twelve inches. The stalks are very juicy ; have short thin husks at a little distance apart, instead of leaves all the way up, and terminate in an oblong ball which turns over like a pipe bowl. The roots, (and the stalks in a mild degree,) possess anodyne, anti-spasmodic, diaphoretic and nervine properties. See classes 1, 5, 10 and 20.

134. PARSLEY.—*Apium Petroselinum*.

This is a biennial garden plant ; has a seed stalk like caraway, and the leaves, near the ground, remain green all winter. The seeds possess carminative, and the roots diuretic and nephritic properties. See classes 7, 11 and 19.

135. PEACH TREE.—*Amygdalus Persica*.

This tree is well known, being extensively cultivated for its delicious fruit. The bark of the root and extract of the leaves possess cathartic and vermifuge properties. An infusion of the leaves possesses laxative, nephritic, styp-tic, tonic and vermifuge properties, and the meats of the

stone possess antacid and tonic properties. See classes 2, 8, 17, 19, 23, 25 and 26.

136. PENNYROYAL.—*Hedeoma Pulegioides*.

This aromatic herb grows in old fields and unoccupied places, and is not so common in all sections of the country as most of the spontaneous productions; yet is abundant in some sections, and is generally known, being much esteemed for its carminative and sudorific properties. See classes 7 and 24.

137. PEONY.—*Pæonia Officinalis*.

This is cultivated in gardens, yards, &c., and bears a large red blossom of beautiful appearance. The leaves of the blossom and the roots possess carminative and nervine properties. See classes 7 and 20.

138. PEPPERMINT.—*Mentha Piperita*.

This aromatic plant is so common in all parts of the country, either in a cultivated state for the purpose of manufacturing the oil, or, growing spontaneously, that a description is unnecessary. The herb and the oil possess anodyne, carminative and sudorific properties. See classes 1, 7 and 24, and essential oils.

139. PIE PLANT.—*Rheum Americana*.—AMERICAN RHUBARB.

Rhubarb, of which this is a species, is a native of the East Indies, China and Tartary, and is cultivated in France, Russia and Turkey, in other countries of Europe, and in America. This, when of ten or twelve years' growth, is said to be equal to the best imported rhubarb; of which, that from Turkey is best. This plant is cultivated mostly for culinary purposes. It has large leaves, which spring from the root on long juicy foot stalks, which, when properly prepared in sauce or pie, is a great luxury. The seed stalks rise from two to four feet in

hight, and terminate in a tuft of blossoms, succeeded by seed vessels. The roots soon expand into a large cluster, and possess astringent, cathartic and tonic properties; but they are used mostly with a view to their cathartic effect. See class 8 and recipes.

140. PILEWORT.—*Artemesia Hemorrhoida*.

This beautiful plant grows on alluvial soils, but is rarely to be found in any section of the country. A square stalk rises from eight to twelve feet in hight, and, like the branches, terminates in gracefully waving plumes of lightish colored blossoms, succeeded by husks containing triangular seeds which appear in a circular head. The leaves are large, in opposite pairs, on long foot stalks, in form some like the maple leaf, and are accompanied by small branches.

The only use to which this plant has been applied is in the cure of the piles, for which some consider it a specific. See Piles, injections and ointments. There is another plant so nearly resembling this, that without careful observation may be mistaken for it.

Dr. D. H.

141. PIPRISWAY.—*Chimaphila Umbellata*.—PRINCES PINE.

This evergreen plant grows on chestnut, oak and pine thinly timbered land; in some places in abundance. It rises six or eight inches from the ground, where a number of thick deep green leaves notched about the edge surround the stalk; and, on some of the plants, a slim smooth stem rises four or five inches above the leaves, bearing on its top an umbel of blossoms, succeeded by seed vessels like flax bowls. The root is long, slender and white, and frequently supports a number of the plants. The whole plant possesses anodyne, detergent, diuretic, stimulating and tonic properties. See classes 9, 11, 22 and 25.

142. PLANTAIN.—*Plantago Major*.

There are two kinds of plantain common in door yards;

the smooth, which has pale green leaves and light red foot stalks, and the rough, with leaves of a deeper green color and foot stalks of the same hue. Both have seed stalks or rods one foot or more in height, a considerable length of which is surrounded by blossoms succeeded by seed vessels. The smooth is the kind used, and is said to be a powerful antidote for poison. See poultices, draughts and recipe.

143. PLEURISY ROOT.—*Asclepias Tuberosa*.

This grows in old fields, on oak land of a warm loomy or sandy soil, and sometimes on thinly timbered oak openings. A number of furzy stalks rise annually from the root to the height of from one to two feet, thickly set with narrow leaves, furzy on the under side, standing singly all the way up. The stalks are divided into short branches, which terminate in bright yellow blossoms in July and August, succeeded by pods resembling those of the common milkweed, except being smaller. The roots are large and fleshy, extend deep, externally of a pale yellow, and internally nearly white. They possess anodyne, diaphoretic, nervine and sudorific properties. See classes 1, 10, 20 and 24.

144. POPPY.—*Pappaver Somniferum*.

This narcotic plant is a native of Asia, but is cultivated in Europe and America, and is so well known that a description is unnecessary. Gum opium is the inspissated juice obtained from incisions in the capsules, which, if cautiously used, may be advantageously employed in many cases of disease. It is rarely necessary, however, to administer it in a quantity sufficient to produce its narcotic effect; and if the directions contained in this work with regard to its administration, be properly observed, no harm will arise from its use, but often much good. It possesses anodyne, anti-spasmodic, astringent, diaphoretic, expectorant, nervine, stimulating and sudorific properties. See recipes. A sirup of the capsules is superior to opium in many cases, especially for children.

Although the practice of opium eating is not carried to the extent in our country that it is in India, the following may be a caution against its habitual use :

“HORRORS OF OPIUM EATING.—A writer in India who has been a constant witness of the terrible effects of opium eating, draws a most startling picture of the horrible sensations to which the victim of this practice subjects himself. In two years from the time he commences its use he must expect to die, and a death most horrible, which it makes one shudder to think of. After the habit becomes confirmed, the countenance presents an ashy paleness ; the memory fails ; the gait totters ; mental and moral courage sinks ; and frightful marasmus or atrophy reduces the victim to a ghastly spectre—a living skeleton. There is no slavery of body or mind equal to that of the opium taker. Once habituated to its doses as a fictitious stimulant, everything will be endured rather than the privation of it ; and the unhappy victim endures all the consciousness of his own degraded state, while he is ready to sell all he has in the world—to part with family and friends—rather than surrender the use of this fatal drug. The pleasurable sensation and imaginative ideas arising at first, soon pass away ; they become fainter and fainter, and at last give place to horrid dreams ; appalling pictures of death, spectres of fearful visage haunt his mind ; the light of heaven is converted into the gloom of hell ; sleep flies forever ; night succeeds day to be clothed in never-ending horrors—incessant sickness—vomiting and total derangement of the digestive organs ensue, and death at last relieves the victim of his sensual enjoyment.”

145. PRICKLY ASH.—*Xanthoxylum Fraxineum*.

This shrub grows on rich uncultivated ground, in bushy places, &c., generally in clusters, and from eight to twelve feet in height. The branches are set with sharp thorns like those of the bramble bush or rose, and have clusters of small berries scattered promiscuously over them, which, when ripe, become red, and soon change to a dark brown,

and have an agreeable aromatic scent, and at first are agreeable to the taste ; but this soon changes to severe and lasting pungency. The bark and seed vessels or rind of the berry possess the same medical qualities ; yet the powder made from the berries is nearly or quite twice as strong as that of the bark, which should be observed in their use. They possess anodyne, anti-bilious, expectorating and stimulating properties. See classes 3, 10, 16 and 22.

146. PUMPION.—VULGARLY CALLED PUNKIN.

This is the production of a vine which frequently forms a kind of under growth in corn fields, the seeds of which possess valuable diuretic properties. See class 11.

The seeds of the watermelon may be used for the same purpose. Either may be infused in boiling water, or tinctured in gin. For either, they should be stripped of their outside covering.

147. PYRENA.—*Indian name, Nunungua.*—CONSUMPTION ROOT—LIFE ROOT—SWAMP SNAKE ROOT.

This is an evergreen plant, which grows by the side of streams and other wet places. The leaves grow on spreading foot stalks from two to eight inches in length, are notched about the edge, broad at the base, and terminate in an obtuse point. A seed stalk rises one foot or more in height, with narrow leaves deeply indented set singly all the way up, bearing on its top bright yellow blossoms early in the spring. The root is about the size of a pipe stem, two or more inches in length, externally of a purplish green, inside purple, and has a spicy taste. The whole plant possesses anodyne, anti-septic, diuretic, emmenagogue, expectorant, nephritic, nervine and sudorific properties. See classes 1, 4, 11, 13, 16, 19 and 20.

148. PUSSY WILLOW.—*Salix Nigra.*

This kind of willow has short downy plumes called pussies, which appear early in the spring along its branches.

es : and the shrub never grows to a very large size. The bark of the root is valuable in ointment and poultice. The twigs chewed are good for toothache. See ointments and poultices.

149. QUEEN OF THE MEADOW.—*Eupatorium Purpureum*.

This grows by the side of streams, and in other wet places, from three to six feet in height, and has from three to six long pointed leaves in a whorl around the stalk, at a little distance apart, all the way up. The blossoms are at the extremities of short branches at the top of the stalk, and are pale red. The root is composed of a mat of long straight dark colored fibres, which possess diuretic, lithontriptic, nephritic, nervine and tonic properties. See classes 11, 18, 19, 20 and 25.

150. RED CLOVER.—*Trifolium Pratense*.

This is an important production on almost every farm, and is too well known to require description. The roots possess antacid and detergent properties, and the blossoms are valuable for salve. See classes 2 and 9, and salves.

151. RED RASPBERRY.—*Rubus Strigosus*.

This grows in bushy pastures, in hedges, and about the edge of fields. A perennial stalk rises three or four feet in height, thickly set with small sharp prickles the whole length, and is more erect than that of the black raspberry. The leaves are pinnated, and put forth early in the spring. The blossoms are white, in pendulous clusters near the top of the stalk, succeeded by thimble shaped berries, which, when ripe, are pale red. The leaves possess anodyne, astringent, diuretic, nervine and sudorific properties, of great value, and make a superior beverage with meals. See classes 1, 6, 11, 20 and 24.

152. ROSE WILLOW.—*Cornus Sericea*.

This tree, which is about the size of a small apple tree,

grows on the bank of streams, and in upland meadows; has a greenish colored bark, and is red within. The blossom, at a little distance, resembles the white rose; whence the name. It possesses astringent and tonic properties. See washes. Dr. D. H.

153. RUE.—*Ruta Graveolens*.

This is an intensely bitter perennial garden plant, generally known. It possesses emmenagogue, epispastic and vermifuge properties. See classes 13, 14 and 26.

154. RUSH.—*Equisetum Hyemale*.

This grows in cool, shady places, in a sandy soil, one foot or more in height; is full of joints, but has neither branch, leaf nor seed. It is sought after for its peculiar usefulness in scouring. It possesses diuretic and nephritic properties. See classes 11 and 19.

155. SAFFRON.—*Crocus Sativus*.

This is a common annual garden plant, cultivated for its blossoms, which are justly considered of great value in determining humors to the surface. They possess antacid, anti-bilious, diaphoretic, laxative and tonic properties in a mild degree, and are good to allay the irritation of the stomach. See classes 2, 3, 10, 17 and 20.

156. SAGE.—*Salvia Officinalis*.

This is a perennial garden plant, much used for culinary purposes; has rough, light green leaves, of a peculiar aromatic scent, agreeable to the taste, and possesses carminative, diaphoretic, stimulating, sudorific, tonic and vermifuge properties. See classes 7, 10, 21, 24, 25 and 26.

This vegetable possesses quite too powerful diaphoretic properties to be used occasionally with meals, as a beverage; as it predisposes the system to obstructions by colds; yet constant habit will probably render it harmless.

157. SANICLE.—*Sanicula Marylandica*.—BLACK SNAKE
ROOT.

This plant grows on oak timbered land, and alluvial soils in the forest, and on undisturbed places in fields. It rises from eighteen inches to three feet in height; leaves roundish, deeply serrated, of a dark green color, and mostly on one side of the stalk. The blossoms are white, appear in June, and are succeeded by a small bur on the top of the stalk. The roots consist of a number of small, black fibers, quite pungent and aromatic to the taste; and, if chewed long, will render salt tasteless. These possess anodyne, expectorant, stimulating, sudorific and tonic properties. See recipes.

158. SARSAPARILLA.—*Smilax Sarsaparilla*.

This grows on almost every variety of soil, in forests, in hedges, on old logs, around stumps, &c. A smooth stalk rises annually, from a perennial root, to the height of from twelve to eighteen inches, and is divided near the top into three equal branches, which bear pale green leaves, finely serrated about the edge. A small smooth seed stalk rises from the root, eight or ten inches in height, bearing on its top a cluster of berries. The root is about the size of a goose quill, and sometimes a number of yards in length. It possesses anti-bilious, anti-septic, detergent and tonic properties. See classes 3, 4, 9 and 25.

159. SASSAFRAS.—*Laurus Sassafras*.

This is a small forest tree, well known on chestnut and oak timbered land, as the bark of the root is much admired by most people for its agreeable taste; and by many physicians, as a valuable detergent, and for its essential oil. See class 9, and essential oils. It should be cautiously used, as a free use of it may injure the blood. It is good in poultices. See poultices.

160. SAVIN.—*Juniperus Sabina*.

This evergreen shrub grows on dry sandy hills, from

two to four feet in height. It is mostly valued for its essential oil. See essential oils.

161. SCOKE.—*Phytolacca Decandra*.—GARGET ROOT—
COAKUM.

This grows on rich land which is neither wet nor very dry, especially on land newly cleared, but not cultivated, by the way side, and on unoccupied places. A large purple stalk, or stalks, rises annually from the root, has large spreading branches, long smooth pale green leaves, and long pendulous clusters of berries which become black late in the fall. The roots are large, fleshy, and run deep into the ground. These are good for bathing and draughts, and the berries for tincture and salve; the leaves also are good for draughts. See bathing applications and draughts.

162. SCOTCH CAP.—THIMBLEBERRY.

This grows on upland, in hedges, bushy places, and by the side of fences. A perennial stalk of a pale red cast, rises to the height of four or five feet. The leaves are large, in form some like the maple leaf; the blossoms are also large and pale red, and at a little distance appear like the wild rose. The berry is broad and thin; convex on the upper side, and, when ripe, is also pale red, and of an agreeable mild acid flavor. The leaves and roots possess detergent, diuretic and nervine properties. See classes 9, 11 and 20.

163. SENNA.—*Cassia Senna*.

This is an annual plant, grows in Upper Egypt, is brought to Alexandria in Egypt, from whence it is imported. Hence it is called Alexandria senna. The American senna (*Cassia Marilandica*) is also an annual plant, springing from a perennial root, of from four to six feet in height, bearing leaves and pods similar in appearance to those of the locust tree. This is considered one third weaker than that from Alexandria, and all other kinds inferior to it, although possessing the same medical prop-

erties. This plant possesses valuable cathartic properties, but should be used in connection with other articles, which will prevent its griping effect. That from Alexandria should be preferred. See recipes.

164. SLIPPERY ELM.—*Ulmus Fulva*.

This is a forest tree, and can easily be known from other trees of the same species, as the inner bark of this is mucilaginous, and is the part used. It is a valuable expectorant and laxative, and superior for a poultice, for either of which it should be finely pulverized. For internal use it may be mixed with an equal quantity of loaf sugar; and for a drink in fevers, or for a cough, the diluted mucilage may be rendered quite palatable by adding the lemon or other conserve. See classes 16 and 17.

165. SMARTWEED.—*Polygonum Punctatum*.

This invaluable herb grows by the way side, in yards and other places where the ground is rich, on almost every farm in this country; and is so frequently used as a sweating remedy, that it is generally known. It possesses anodyne, anti-septic, diuretic, expectorant and sudorific properties. See classes 1, 4, 11 and 24.

166. SNAKE HEAD.—*Chelone Glabra*.—BALMONY.

This grows by the side of sluggish rivulets and in other wet places, and rises from one to three feet in height. It has long, slim, deep green leaves in opposite pairs; and, at the top of the stalk or its branches, there is a cluster of long white blossoms, which resemble a snake's head with its mouth partly open. The leaves have a nauseous bitter taste, and possess anti-bilious, detergent, stimulating, tonic and vermifuge properties. See classes 3, 9, 22, 25 and 26.

167. SOLOMON SEAL.—*Convallaria Multiflora*.

There are two kinds of white Solomon seal, the large and the small. The large kind grows on rich intervals

to the length of six or seven feet, inclining over like a bow, with the top end toward the ground. The top of the small kind rarely exceeds two feet in length. They are similar in appearance, and possess the same medical properties. They have oval, ribbed, wrinkly leaves, and their blossoms, succeeded by berries, are on the under side of the stalk. The small kind grows upon ledges, rich mountain soils, around dilapidated sugar camps, on unimproved intervalles, and sometimes in upland meadows of a rich soil. The root is white and crooked, and has a circular depression like a seal where the old stalk decayed. It possesses valuable tonic properties, useful in sirups, &c. See class 25.

168. *SORREL.—*Rumex Acetosa*.

This is often quite troublesome in ploughed fields, often requiring diligent attention with the hoe to subdue it. The leaves are of an agreeable acid flavor, and are valuable for poultice and salve. See poultices and salves.

169. SPEARMINT.—*Mentha Virides*.

This is a common plant, and is generally known. It frequently grows by the way side, and on unoccupied places in fields. It grows more erect than peppermint, but otherwise resembles it considerably. It possesses carminative, diuretic and vermifuge properties. See classes 7, 11 and 26.

170. SPERMACETI.—*Cetaceum*.

This is a fatty substance obtained from the head of the spermaceti whale, after the oil has been removed. "The residum, freed from impurities by washing with water, melting, straining, expression through linen, and, lastly, washing in a weak lye of potash, is the peculiar substance known by the name of spermaceti." It is usefully employed in affections of the lungs, and in the preparation of salves. See recipes.

171. SPIKENARD.—*Aralia Racemosa*.

This grows in bushy waste places, where the ground is rich and loose. A stalk of a greenish brown color rises annually from two to five feet in height; has large spreading branches and serrated leaves, handsomely proportioned to the size of the stalk. Pendulous stems put forth at the division of the branches from three to six inches in length, surrounded by short stems, the ends of which are encircled with small berries in a round form, which become purple, and of a sweetish, agreeable taste. The root is long, balsamic, and has a woody pith, which must be removed while green, as it should not be used. The rind of the root possesses expectorant and tonic properties. See classes 16 and 25.

172. SPOTTED PLANTAIN.—RATTLESNAKE ROOT.

This grows on small elevations, in beach and maple forests, generally a number of the plants together. A number of evergreen leaves grow close to the ground, pale green on the under side, and of a deeper green on the upper side, interspersed with light colored lines running in various directions. The root grows on the top of the ground with fibers on the under side, and is exceedingly hard to dry. This plant, therefore, should be used green. The whole plant is valuable to be used internally and applied externally in scrofulous affections. Used in the same manner, it is said to be a specific for the bite of the rattlesnake. See class 9, and poultices.

173. SPRUCE.—*Abies Nigra*.

This is an evergreen tree, and grows in cold swamps in many parts of the country, from which an invaluable inspissated balsam (gum) is obtained, useful in Asthma, Consumption, &c. An essential oil is made from the boughs, useful in scrofulous affections. These possess diuretic, expectorant, and tonic properties. See balsams and essential oils.

174. SUMACH.—*Rhus Glabrum*.

This is a common shrub in bushy places where the soil is light, rich, sandy and warm ; and often grows in vacant places in old fields. It rises from ten to twenty feet in height, and has spreading branches, which terminate in a clump of red berries. These are sometimes infused in cold water for a drink in fevers, as they possess considerable acidity. The bark of the root possesses astringent and detergent properties. See classes 6 and 9.

175. SUMMER SAVORY.—*Satureja Hortensis*.

This is an annual garden plant, of an aromatic scent, and sharp, pungent taste, well known for its value in culinary purposes. An essential oil is made from this herb, which retains all of its medical properties in a concentrated form. It possesses carminative, stimulating and sudorific properties. See classes 7, 21 and 24.

176. SWAMP SASSAFRAS.—GREEN OZIER.

This grows on thinly timbered wet land, near water, on the borders of streams, in ravines, in bushy places, about fields, &c. It does not usually exceed eight or ten feet in height ; has a thick, flat top, oval leaves, which end in a slim point, and turn red when full grown, and clusters of white blossoms, which are succeeded by small berries. When young the bark is green, but it gradually changes to gray. The bark possesses astringent, detergent and tonic properties. See classes 6, 9 and 25.

177. SWEET APPLE TREE.

The bark possesses lithontriptic and tonic properties. See classes 18 and 25.

178. SWEET CICELY.—*Myribes*.

This grows on rich upland, and on alluvial soils in forests, and on undisturbed places in fields. It rarely exceeds two feet in height, and has a purple stalk. It may easily be known by the taste of the root, which very much

resembles anise seed, and is a very good substitute for that valuable carminative. See class 7.

179. SWEET CLOVER.—*Melilotus Vulgaris*.—MELILOT.

This plant is cultivated in gardens, yards, &c., for the richness of its odor. It frequently attains the height of six feet, has many branches, and small blossoms. The green plant is valuable for ointment. See ointments.

180. SWEET ELDER.—*Sambucus Canadensis*.—WHITE ELDER.

This bush is too well known to require description. Its clusters of white blossoms are often gathered, and used as a laxative for children. The bark possesses cathartic and diuretic properties. The berries are good in conserve. See classes 8, 11 and 17, and conserves.

181. SWEET FERN.—*Comptonia Asplenifolia*.

This small bush, which rarely attains three feet in height, grows in great abundance in some sections of the country, on mountains, hills, and sandy plains; has long, narrow leaves, deeply indented, and on its branches a balsamic bur, which, like the leaves, has an agreeable scent. The leaves possess anti-bilious, astringent, detergent and nervine properties. See classes 3, 6, 9 and 20.

182. TAG ALDER.—*Alnus Rotundifolia*.

This shrub grows in swamps, and wet places, and derives its name from its pendulous tags, which are suspended from the branches and remain during the winter season. These, infused in cider, are useful in bilious complaints. The bark is dark colored, and possesses anti-bilious, astringent, detergent and tonic properties. See classes 3, 6, 9 and 25.

183. TAMARACK.—*Tamarix*.

This small tree grows in cold swamps, has short, fine

leaves, some like spruce, but is not an evergreen. A balsam is contained in cavities in the timber, which, of course, are hard to find. It may be obtained by incisions in the timber, or by stripping the bark from the body of the tree. The inspissated balsam (gum) may also be found in masses on the bark. The bark possesses anti-bilious properties, and is powerfully detergent ; also diuretic and tonic. The balsam also possesses valuable properties. See classes 3, 9, 11 and 25.

184. TANSY.—*Tanacetum Vulgare*.

This is a well known herb, cultivated and used by almost every family in the country. Ladies should respect it much, and foster it with care. It possesses anodyne, anti-bilious, diaphoretic, emmenagogue, tonic and vermifuge properties. See classes 3, 10, 13, 25 and 26.

185. TARTARIC ACID.

“Cream of tartar is the purified *lees* or deposits of wine casks. From cream of tartar the tartaric acid is produced, by mixing the former with chalk in fine powder, and throwing the mixture into boiling water, by which the cream of tartar, which is a tartrate of potash, is decomposed, and tartrate of lime is formed. The tartrate of lime is then washed, and decomposed by dilute sulphuric acid, which, combining with the lime, sets the tartaric acid at liberty, where it remains in solution. This solution being evaporated, the tartaric acid is obtained in white crystals.”

186. THORN APPLE.—*Datura Stramonium*.

This is a narcotic, annual plant, and is perpetuated year after year by the seeds being scattered of a previous year's growth. It therefore grows wherever the seeds are scattered, on almost every variety of soil. As most people endeavor to subdue it, a great difficulty is often experienced by those who use it, in obtaining a sufficient quanti-

ty. The plant appears quite inferior at first, but, as it expands in its growth, spreading its branches and unfolding its large and numerous leaves, it assumes a more tolerable appearance. At each division of the branches a blossom puts forth, on a short stem, succeeded by an oblong, thorny ball, called the apple, which contains a multitude of black seeds. The leaves are perforated with many small holes, and are good to smoke in asthma. The whole plant has a nauseous scent. The leaves are also good in ointment. See ointment.

187. THYME.—*Thymus Serpillum*.

This is a common evergreen garden plant, and considerably resembles summer savory, in its taste and smell. It possesses carminative, emmenagogue and sudorific properties. See classes 7, 13 and 24.

188. VINE MAPLE.—YELLOW PARILLA.

This grows in bushy places, on rich, moist land; has a smooth, woody vine, often fifteen or twenty feet in length, and leaves standing singly, resembling the maple leaf, though not so deeply notched. The root is long, and slender, of a bright yellow. It is nervine and tonic. See classes 20 and 25.

189. WA-AHOO.

This shrub grows in bushy places, on rich intervals, by the side of streams, and in swamps. It rises from six to twelve feet in height; has light colored bark, and is extensively known, as it is often sought as a remedy for affections of the lungs. It is powerfully prostrating to the nervous system, and, therefore, should never be used separately for those inclining to nervous debility either as a cathartic or expectorant. See compound sirup of Wa-ahoo. See also classes 8 and 16.

190. WATER CUP ROOT.—EVE'S CUP.

This grows in cold swamps, where the ground is very

wet, and thickly covered with swamp moss, into which this plant is imbedded so as nearly to hide it from view. The leaves are oblong sacks, tapering downward to short foot stalks, which connect them with the root. Their outer extremity is formed into an opening somewhat resembling a sucker's mouth, which is always open, and upward. These grow in a whorl from the end of the root, are eight or ten inches in length, and often ten or twelve in number. From the centre of these, a smooth stalk rises ten or twelve inches in height, bearing on its top a beautiful blossom of very singular appearance. The root is of a light red color, not so large as the little finger, and sometimes a number of inches in length, and possesses nervine and tonic properties. See classes 20 and 25.

191. WATER GREEN.—VULGARLY CALLED FROGS' SPITTLE.

This is a green substance, found in clear water in hot weather. It is good for inflammations, either fresh or in salve and ointment. See salve and ointments.

192. WHITE ASH.—*Fraxinus Excelsior*.

The bark of the root of this well known, handsome forest tree, possesses anti-bilious, cathartic and emetic properties. See classes 3, 8 and 12.

193. WHITE CEDAR.—*Juniperus Vergiana*.

This tree grows in swamps, in many parts of the country, and the difference between this and the red cedar is well understood. It is particularly valuable for its essential oil. See essential oils.

194. WHITE DAISY.—*Bellis Perennis*.

This plant grows in old fields, and by the way side; and is exceedingly hard to subdue. It bears a large, white blossom, six or eight inches from the ground, which possesses valuable tonic properties. The white whorl of

leaves at the edge of the blossom are much to be preferred. See class 25.

195. WHITE HELEBORE.—*Veratrum Album*.

This grows on the same kind of land, and often side by side, with the meadow cabbage. It rises early in the spring from two to four feet in height, has large wrinkly leaves all the way up, and the blossoms appear on short branches at the top of the stalk. The root in form and fibers resembles the meadow cabbage, but is not generally as large. This will require that the scent of the skunk be observed in the roots collected for the meadow cabbage, as the helebores is a deadly poison. It, however, possesses valuable errhine properties in catarrhal affections. See class 15, and ointments.

196. WHITE OAK.—*Quercus Alba*.

The bark of this king of the forest possesses powerful astringent and tonic properties. See class 6, and washes.

197. WHITE PINE.—*Pinus Palustris*.

The bark of this stately forest tree possesses expectorant properties, and this and the turpentine, diuretic, laxative, stimulating and tonic properties. The turpentine is good in salve and strengthening plasters. This tree also yields a balsam. The inner bark of a young growth should be preferred. This is also good for poultices. See class 16, plaster, poultice and salve.

198. WHITE POND LILY.—*Nymphaea Odorata Alba*.

This grows near the edge of lakes, and ponds, in sluggish streams, sometimes in stagnant water, and in swamps, in various parts of the United States. A large blossom, of beautiful whiteness, and delicious fragrance, is accompanied by large leaves floating on the top of the water. These are connected with the root by slim stems, sometimes fifteen or twenty feet in length. The root is at the bottom of the water, is rough and blackish, two or three

inches in diameter, and frequently a number of feet in length.

The yellow pond lily is similar to the white, except the color of the blossom and root, which are of a deep yellow.

Both possess astringent properties, and are valuable for poultices. See class 6, and poultices.

199. WHITE POPLAR.—*Populus Alba*.

This resembles the black or common poplar, except in the color of its bark, which is nearly white. The bark possesses tonic and vermifuge properties. See classes 25 and 26.

200. WHITE SNAKE ROOT.—*Ageratoides Alba*.— POOL ROOT.

This plant grows in various parts of the country, on dry upland, of a rich soil, as well as on that which is low and moist, and sometimes on very wet land. It rises from two to four feet in height, has a furrowed stalk, leaves and branches in opposite pairs; leaves on long foot stalks, and about the size of a large appletree leaf; blossoms white and numerous, and appear in September. Hence it is sometimes called September weed. The root is composed of numerous long, fine, white fibers, which, when it grows on dry ground, has the appearance of being mildewed, and is the only part used. It possesses anodyne, diuretic, stimulating and sudorific properties. See classes 11, 21 and 24.

201. WHITE VERVINE.—*Verbena Alba*.

This grows on rich upland, by the way side, and unoccupied places, in gardens, or fields; usually rises about two feet in height, and is divided into a number of spreading branches, which terminate in slim stems, surrounded by small, white blossoms. The root is composed of a great number of small, white fibers, which possess antibilious, diaphoretic and emmenagogue properties. See classes 3, 10 and 13.

202. WHITEWOOD TREE.—*Liriodendron Tulipifera*.

This is one of the handsomest forest trees our country produces ; is often fifty or sixty feet in high to the lowest limbs, has a thick, rough bark, large leaves with obtuse points, and an aromatic, tapering bud of long layers, in form like the closed pond lily blossom, at the end of the branches. The bark of the root is powerfully aromatic, and possesses anti-bilious, carminative and stimulating properties, and is an invaluable tonic and vermifuge. See classes 3, 7, 22, 25 and 26.

203. WHORTLEBERRIES.—*Vaccinium*.—HUCKLEBERRIES.

This delicious fruit, the spontaneous production of many a ridge, otherwise barren, or nearly so, is very generally known. The berries and roots possess diuretic properties. See class 11. It is said by some, that the leaves of this bush are equal to the *Uva Ursi* for the same purposes.

204. WILD CUCUMBER.—*ELATERIUM*.

This is a native of the South of Europe ; and is cultivated in Great Britain, where, however, it perishes in the winter. The substance, spontaneously deposited by the juice of the fruit, is the part used. *Elatarium* is a powerful hydragogue cathartic, and in the full dose frequently excites nausea and vomiting. It has sometimes been attended with deleterious effects, and it should therefore be used with caution. See recipe.

205. WILD INDIGO.—*Baptisia Tinctoria*.

This grows on oak plains, on dry, sandy hills, and on prairies at the west. It rises about two feet in high, has a smooth, round stalk, of a bluish, green color ; many branches and heart-shaped leaves, broadest at the outer end. The blossoms, (I think,) are yellow, succeeded by pods. The root is irregular, large and woody, externally of a dark color, and internally yellow ; is used only externally, and is valuable in ointments, poultices, salves

and washes, and is powerfully anti-septic. See ointments, poultices, salves and washes.

206. WILD LETTUCE.—CANKER ROOT.

Of this evergreen plant there are two kinds ; both grow in upland forests, thinly timbered. The large kind has two or more leaves, which spring from the root to the height of three or four inches, and the leaves are frequently as large as a dollar. The small kind has its leaves on a stem five or six inches in height, like wintergreen. The root of both is slender and white, sometimes a number of feet in length. They possess anodyne and detergent properties. See class 9. Some consider its anodyne properties far superior to opium.

207. WILD TURNIP.—*Arum Triphyllum*.

This grows on rich, moist land, in shady places, or undisturbed spots, in open fields. It rises one foot or more in height, has a smooth stalk, at the top of which there are three leaves ; or, when divided, there are three leaves on each division, and, a blossom puts out on a short stem between the branches, which is succeeded by a terminal head of red berries. The root is in the form of an onion, and has a great number of white fibers at the top of the root, near the stalk. The green root is very pungent, which, with the medical properties of the root, is greatly diminished by drying. It possesses diaphoretic, expectorant, nervine, and vermifuge properties. See classes 10, 16, 20 and 26. Draggons' teeth grow under the turnip, without leaf or branch, are very acrid, and are used in a preparation for cancer. See recipe.

208. WINTER CLOVER.—SQUAW VINE—ONE BERRY.

This slender evergreen vine grows on dry upland, often among wintergreen, and extends from six to eighteen inches in length ; has small, nearly round leaves, in opposite pairs, and a berry growing singly on the vine, which has the appearance of being double, and becomes red.

The whole plant possesses anodyne and diuretic properties. See class 11.

209. WINTERGREEN.—*Gaultheria Procumbens*.

This is not confined to any particular soil, but is most abundant on oak and pine plains. The young plants and berries are much admired for their agreeable flavor. This plant possesses diuretic properties. See classes 7 and 11. The essential oil retains the virtues of the plant. See essential oils.

210. WITCH HAZLE.—*Hamamelis Virginica*.

This shrub grows ten or fifteen feet in height, in bushy places, both on dry and wet soils, on poor as well as on rich land, and generally a number grow from the same root. Its blossoms continue in winter. The bark is interspersed with white spots, which frequently encircle the body and branches. The leaves, and bark of the root possess astringent, and the leaves styptic properties. The bark of the root is good to cleanse sores, and for canker. See classes 6 and 23, and washes.

211. WORMWOOD.—*Artemisia Absinthium*.

This light green, and intensely bitter herb is so generally known that a description is unnecessary. It is cultivated by many, and is often found growing by the way side, and on waste places. It possesses epispastic, stimulating and vermifuge properties. See classes 14, 21 and 26.

212. YARROW.—*Achillea Millefolium*.

This grows in pastures, and other places not disturbed by plowing. It has fine, slender leaves, and a flat top of white blossoms, about eighteen inches in height. This herb possesses stimulating, styptic and sudorific properties. See classes 21, 23 and 24.

213. YELLOW DOCK.—*Rumex Crispus*.

This grows in gardens and plowed fields where the

ground is very rich. The seed stalk rises two or three feet in height. The leaves are long and narrow, and are much esteemed by many for culinary purposes. The root is carrot shaped, of a yellow color, and possesses valuable detergent properties. See class 9. It is also valuable in ointment, poultices and washes, for which see those divisions.

RULES TO BE OBSERVED

IN

COLLECTING AND CURING VEGETABLES FOR MEDICAL PURPOSES.

Barks from the trunk or roots of trees should be collected in June or July, at a time when they easily separate from the wood. The bark from thrifty trees should be selected. The outside bark or rind should be removed before drying. Roots should be gathered early in the spring, or after their tops have done growing in the fall; for, if gathered while growing, they will have but little strength. The outside of aromatic roots, especially, should be cleaned, if possible, without washing; the woody pith, if any, removed, and large roots cut into thin slices across their length, spread out thin and dried without delay.

Herbs of every description, should be gathered before their blossoms all disappear, as their strength fails after that time; and, a great addition to the labor is then necessary in removing dead leaves, &c. All improper substances should be removed from every description of

medicine, and the drying process commenced as soon as possible after it is collected.

The room in which medicines are dried should be sufficiently tight to exclude damp air in damp weather, and the temperature kept up to summer heat until they are thoroughly dry. They must then be packed secure from the air, light or dampness.

No confidence can be placed in the efficacy of medicines, unless they are thus carefully collected, cured and secured from contaminating influences; and then, be judiciously administered.

PART SECOND.

AN ARRANGEMENT OF MEDICAL PLANTS INTO CLASSES, IN ACCORDANCE WITH THEIR OPERATIVE VIRTUES.

Medicine, in a single or simple form, is often attended with great benefit, provided that a suitable quantity be properly administered; but, may otherwise be attended with serious injury.

A TABLE OF DIRECTIONS, WHICH SHOULD BE COMMITTED TO MEMORY.

In order to avoid a repetition of words, and that, as much as possible, may be expressed in a small compass, the following characters are adopted: The square □ represents a table-spoonful, and the round ○ a tea-spoonful. The letter I, shows that the medicine must be infused, or steeped in boiling water, and the letter D, that a decoction must be made by boiling the water, at least, ten minutes after the medicine is added. Sub, shows that the medicine must be pulverized and administered in substance;

and Ex, that the medicine is most convenient, or efficacious, when prepared in extract. This is made by first boiling the medicine in water until the strength is out, then strain the decoction, and boil it gently, or simmer it to the consistency of thick molasses. Any reasonable quantity may be used with safety, of those medicines which are directed to be used freely. This shows the medicine to be harmless. Medicines for D, I, &c., should be pounded, and sifted through a meal sieve.

From half a pint to a pint of boiling water may be used for infusions, or decoctions, for each day, as shall best suit the convenience or inclination of the patient, and be taken more or less liberally, as the circumstances of the case may require, which a little experience will enable any one, dictated by reason, to do with safety and to the advantage of the distressed.

The quantity directed, is for those of mature age, and common strength of constitution. Considerable judgment, therefore, must be exercised, in increasing or diminishing the quantity for different constitutions, and, for children, according to their age, to a very minute portion for an infant.

As an example of the quantity required, I will here state, that I have given the emetic tincture, for instance, when repeated doses, amounting to a \square , or more, did not produce so much effect upon the system as a single drop of the same preparation in other cases. So great a difference is not, however, often experienced; yet, great care must be taken not to overact the constitutional ability. Medicine, in a liquid form, should not stand in any vessel, except of crockery or glass, and no spoon should remain in it, except of pure silver.

As but few have scales to weigh by grains, the quantity is directed in spoonfuls, and by comparing with other familiar objects, which will be found sufficiently accurate.

When a spoonful is directed, it is intended that the spoon shall be of common size, and, of powders, a little rounding full.

REMARKS.

Being aware that a judicious prescription may fail of benefit, the attention of the reader is requested, for a few moments, upon the subject. From the inability of man to judge infallibly as to the nature of a disease, or its remedy, a wrong prescription may be administered. Again, the medicine prescribed may be admirably adapted to the disease, but requires the operation of some other medicine to precede it; and, therefore, would fail of benefit. And, yet again, admitting the prescription a judicious one in every other respect, the want of a sufficient quantity may fail to render nature that assistance it requires, while the opposite extreme may be attended with serious consequences in an operation, beyond the powers of nature to sustain.

These considerations naturally lead the reflecting mind to the conclusion, that the more simple and harmless the means by which any given object can be effected, the more safe and beneficial the prescription; yet those are not wanting who are ever ready to censure and condemn every honest effort made to relieve the suffering objects of distress, by any one who has not passed through the fire to Moloch, while, at the same time, the blush of shame would crimson their own cheeks, were they to reflect that their boasted remedies are daily outdone by those whom they are pleased to denominate old women, quacks, &c., with their simple, yet efficacious remedies.

 CLASS 1. ANODYNES.

Crawley root, sub $\frac{1}{2}$ to \bigcirc	Catnip, I use freely
Hemlock boughs, I use freely	Hops, tincture, \bigcirc
Lady Slipper, sub $\frac{1}{2}$ to \bigcirc	Meadow Cab'ge, sub $\frac{1}{2}$ to $\frac{3}{4}$ \bigcirc
Opium, see recipes	Ova Ova, I a \bigcirc or two
Pleurisy root, sub \bigcirc or I \square	Peppermint herb, I use freely
Red Raspberry leaves, I freely	Smartweed, I use freely

The cause of the pain should be taken into the account in selecting the remedy. If the patient be bilious, dandelion, hemlock, hops, prickley ash, or tansy, should

be selected, because these are anti-bilious medicines, and belong to class 3. The careful observer will thus be enabled to make judicious selections from the classes, for every case and stage of disease, which may be profitably used, in connexion with the compounds, when necessary.

CLASS 2. ANTACIDS.

Betony root, sub $\frac{1}{8}$ to $\frac{1}{4}$ ○	Bonset, I use freely
Brook lime, I use freely	Catfoot, I use freely
Chamomile; I use freely	Charcoal, sub ○ to □ in milk
Egg shells, sub $\frac{1}{2}$ ○ in milk	Golden seal, sub $\frac{1}{8}$ to $\frac{1}{4}$ ○
Lobelia, sub minute dose	Magnesia, $\frac{1}{2}$ to ○
Marigold, I ○ or two	Mountain ash berries, I □
Oyster shells, sub $\frac{1}{4}$ ○	Peach pitta, eat three or four
Red clover roots, I □ freely	Rhubarb, chew and swallow
Saffron, I ○ or two	Slip'ry elm, mucilage, freely
Soda beer, see recipe	White mustard, whole ○ to □

Remedies for acidity of the stomach, must be selected with regard to the state of the system. If costiveness attend, select such articles as belong also to class 17. If debility, such as belong also to class 25, and thus observe every symptom. Lobelia should be taken half or three quarters of an hour before meals. The other articles must be used in such quantity, and at such intervals as experience shall dictate. Frequent changes will be necessary, of these or other medicines.

CLASS 3. ANTI-BILIOUS.

Barberry, I in cider	Black Cherry, I in cider
Blood root, D $\frac{1}{2}$ to ○	Blue Cohush, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○
Blue Flag, sub $\frac{1}{2}$ to ○	Blue Vervine, I use freely
Bogvein, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○	Bonset, I use freely
Catfoot, I use freely	Dandelion, all I use freely
Garden Celandine, I freely	Gentian, sub $\frac{1}{2}$ to ○
Golden Seal, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○	Hemlock Boughs, I use freely
Indian Physic, see class 12	Mandrake, sub see class 8
Mountain Ash bark, I freely	Prickley Ash bark, sub $\frac{1}{4}$ to ○

Saffron, 1 ○ or two Snake Head, 1 use freely
 Sweet Fern, 1 use freely Tag Ald'r b'rk & tags 1 in cid'r
 Tansy Juice, □ in new milk White Ash ex., see class 8
 White Vervine, 1 ○ or two Whitewood, 1 ○ or two

The preparations in cider must be taken before each meal, a □ to a wine glass full at a time, as the stomach can bear. Either of the other articles may be taken two or three times a day, as the case may require. Change often.

CLASS 4. ANTI-SEPTICS.

Cayenne, sub $\frac{1}{4}$ to ○ in milk Cat-tail Flag, D in m'l k & w'tr
 Charcoal, sub ○ to □ in milk Myrrh in tinct're, see hot dr'ps
 None-so-pretty root, $\frac{1}{2}$ to ○ Pyrena, strong, 1 use freely
 Salt & Vinegar, see washes Smartweed, 1 use freely
 Yeast, as stomach can bear Yellow Dock, 1 □

This class of medicine must be used when mortification internally is apprehended. The other medical properties of the articles will show which of them should be preferred in any particular case. They may generally be used alternately.

CLASS 5. ANTI-SPASMODICS.

Angelica, sub $\frac{1}{2}$ to ○ Assafætida, see nervine tinct
 Bloodroot, see mothers guide Black Cohush, see recipe
 Blue Scul-cap, 1 use freely Cuckold, 1 use freely
 High Cranberry, 1 ○ or two Masterwort, sub $\frac{1}{2}$ to ○
 Meadow Cabbage $\frac{1}{4}$ to $\frac{1}{2}$ ○ Ova Ova root, 1 ○ or two

The cause of spasms, must have a great influence in selecting a remedy. If caused by wind, such articles as belong also to class 7, will be proper. If attended with nervous debility, those that belong also to class 20, &c. The anti-spasmodic tinctures, and vegetable anti-convulsive, should be employed when necessary.

CLASS 6. ASTRINGENTS.

Alum root, sub $\frac{1}{2}$ to ○ Avens root, sub $\frac{1}{2}$ to ○
 Bayberry, sub $\frac{1}{2}$ to ○ Bearberry, 1 ○ or two

Bramble Bush, 1 ○ or two	Bugle-weed, 1 use freely
Clove root, 1 ○ or two	Hemlock bark, 1 ○ or two
High Cranberry, 1 ○ or two	Maple-leaf Alum root, 1 ○
Marsh Rosemary, 1 ○ or two	Nanny Bush, 1 2 or 3 ○ s
Red Raspberry, 1 use freely	Sumach bark, 1 □
Swamp Sassafras, 1 ○ or two	Sweet Fern, 1 use freely
Tag Alder, 1 ○ or two	White Oak, 1 ○
White Pond Lily root, 1 ○ or 2	Witch Hazle, 1 use freely

This class of medicine is advantageously employed in cases of debility, attended with a lax state of the stomach, and bowels, diarrhœa, dysentery, &c. Should a spasmodic action attend a case of dysentery, or other cases of disease in which this class shall be necessary, so valuable a remedy as the high cranberry, cannot be overlooked by a careful observer.

CLASS 7. CARMINATIVES.

Angelica, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○ or 1 ○	Anise seed, 1 ○ or two
Burdock seed, 1 ○	Calamus, 1 ○ or two
Caraway, 1 ○ or two	Catfoot, 1 use freely
Catnip, 1 use freely	Chamomile, 1 use freely
Clove root, 1 ○ or two	Cloves, 1 $\frac{1}{2}$ ○
Colic root, 1 $\frac{1}{2}$ to ○	Cucumber tree, 1 $\frac{1}{2}$ to ○
Dill, 1 $\frac{1}{2}$ to ○	Fennel, 1 $\frac{1}{2}$ to ○
Ginger, 1 ○	Ginseng, 1 ○
Hyssop, 1 use freely	Juniper berries, 1 ○
Lovage, 1 ○	Masterwort, 1 ○
Parsley, 1 ○	Pennyroyal, 1 use freely
Peppermint, 1 use freely	Peony, 1 ○
Sage, 1 ○ use freely	Summer savory, 1 use freely
Spearmint, 1 use freely	Thyme, 1 use freely.

The articles of this class may be used for wind in the stomach, either separately, or they may be compounded with other medicines, which may be necessary to effect other important objects.

CLASS 8. CATHARTICS.

Aloes, see recipes	Barberry bark, sub $\frac{1}{2}$ to ○ or 2
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Blood root, D $\frac{1}{2}$ to \bigcirc	Blue Flag, sub \bigcirc or two
Bogvein, sub \bigcirc or two	Butternut, ex \bigcirc to \square
Castor Oil, sub \bigcirc to \square	Culver root, $\frac{1}{2}$ to \bigcirc or two
Indian Hemp, sub \bigcirc to \square	Indian Physic, sub. $\frac{1}{2}$ to \bigcirc
Jallap, sub $\frac{1}{2}$ to \bigcirc	Mandrake, sub $\frac{1}{2}$ to \bigcirc
Mountain flax, I \square	Rhubarb, sub \bigcirc or two
Senna, see recipes	Sweet oil, sub \bigcirc to a \square
Sweet Elder, ex \square	White Ash, ex \square

This is an important class of medicine, and a great variety of compounds will be found among the recipes, in addition to the simples above named, calculated to remove superfluous matter from the stomach and bowels; and, it is confidently believed, that the variety will prove amply sufficient to meet the demands of every variety of constitution, and every form of disease which shall require their operation. Simples are often preferable to compounds. This class of medicine should generally be administered at bed time, and repeated in the morning, if necessary.

CLASS 9. DETERGENTS.

Adder tongue, I \square	Bayberry, sub $\frac{1}{2}$ to \bigcirc
Betony leaves, I use freely	Bittersweet, I \square
Black Alder, I \square	Black Maple, I \square
Black Cohush, I \bigcirc or two	Black Vervine, I \square
Blue Cohush, I \bigcirc or two	Bramble bush, I \bigcirc or two
Blue Flag, I \bigcirc and sweeten	Brook-lime, I use freely
Burdock, in cold water	Cat-tail Flag, D in mlk & watr
Cocash, I use freely	Cuckold, I use freely
Culver root, see class 8	Dandelion, all I use freely
Dwarf Elder, I use freely	Gard'n Celandine, D in m & w
Golden Thread, I use freely	Guaiaac chips, see recipe
Ironwood-chips, see recipe	Lobelia herb, D $\frac{1}{2}$ a \bigcirc
Mandrake, sub $\frac{1}{16}$ to $\frac{1}{2}$ \bigcirc	Pipsisway, D use freely
Sarsaparilla, D use freely	Sassafras, I \bigcirc
Scotch cap. all I use freely	Snakehead, I \bigcirc or two
Spotted Plant'in, I use freely	Sumach bark, I use freely
Swamp Sassafras, I \bigcirc or 2	Sweet Fern, I use freely
Tag Alder bark, I use freely	Tamarack, see recipe

Wild Lettuce, I use freely Yellow Dock, I O or two.

Those detergents which also possess astringent, nervine, tonic properties, &c., should be selected according to the situation of the patient. Compounds will also claim attention in cleansing the blood from humors.

When it is necessary to pursue a course of medicine any length of time, for cleansing the blood, the detergent infusion, and alterative detergent powders may be taken in connexion, for four or five days, then change to the anti-scorfulous tincture, and detergent decoction, for the same length of time; or, to the cleansing infusion; the detergent sirup; the detergent beer; or, to such of the above named simples as appear the best adapted to the state of the patient's health; but changes must be made as often as once in four or five days.

CLASS 10. DIAPHORETICS.

Angelica, I O or more	Barberry, I O or more
Betony, I use freely	Bittersweet, I use freely
Blue Sculcap, I use freely	Blue Vervine, I use freely
Blue Violet, sub $\frac{1}{2}$ to O	Bogvein, sub $\frac{1}{4}$ to $\frac{1}{2}$ O
Boueset, I use freely	Brook-lime, I use freely
Cat-foot, I use freely	Catnip, I use freely
Cayenne, sub $\frac{1}{4}$ O in milk	Chamomile, I use freely
Crawley root, sub $\frac{1}{4}$ to $\frac{1}{2}$ O	Dandelion, all D use freely
Ginger, I O or more	Lovage, I O or more
Mandrake, sub $\frac{1}{16}$ to $\frac{1}{2}$ O	Masterwort, I O or two
Mountain Ash, I use freely	Ova Ova, all I use freely
Pleurisy root, I use freely	Prickley Ash, sub $\frac{1}{4}$ to $\frac{1}{2}$ O
Saffron, I O or more	Sage, I O or more
Snake-head, I use freely	Tansey, I use freely
White Vervine, I O or more	Wild Turnip, sub $\frac{1}{2}$ to O

When a want of moisture at the surface, is attended with a bilious affection, use such articles as belong also to class 3; and in cases which require tonics, such as belong also to class 25, &c. As more passes from the system, when in health, by insensible perspiration, than by all other evacuations combined, the importance of this

class of medicine must be admitted by every reflecting mind.

CLASS 11. DIURETICS.

Adder tongue, I in cider	Bearberry, I use freely
Bittersweet, I use freely	Black Vervine, I use freely
Blue Flag, tincture in gin	Brook-lime, I use freely
Clivers, I c'd w'tr use freely	Cuckold, I use freely
Dandelion, all I use freely	Dwarf Elder, I use freely
Erma, I use freely	Hard root, D use freely
Indian Hemp, I O or two	Indian Physic, I O or more
Jacobs Ladder, I use freely	Juniper, I □ or two
Knot Grass, I use freely	Lobelia Herb, O in D
Masterwort, I use freely	Milkweed, I □ or two
Motherwort, I use freely	Parsley, I use freely
Pipsisway, I use freely	Pumpion seeds, I use freely
Pyrena, all I use freely	Queen of the meadow I freely
Red Raspberry, I use freely	Rush, I use freely
Smartweed, I use freely	Scotch cap, all D use freely
Spearmint, tinct in gin	Sweet Elder, I or tinct freely
White Snakeroot, I freely	Whortleberry, see recipe
Winter Clover, I use freely	Wintergreen, I use freely

In this class, also, there is a variety for the different conditions of the system, cathartics, nervines, &c., which should be borne in mind in selecting for any individual case. Three ounces to a quart, will be sufficient for a tincture in cider or spirits, and this should be taken before meals, as the stomach can bear, and necessity require. The other articles may be used for a constant drink, as may be necessary.

CLASS 12. EMETICS.

Bayberry, I □ use freely	Blood root, see recipe
Boneset bl'ns, I in w'rm w'r	Bramble bush, I use freely
Indian Physic, see recipe	Lobelia, see EMETIC POWDER
Salt, O drink cold wat'r freely	White Ash, ex □ once an hour

As there is a constitutional aversion in some cases, to some articles of medicine, as well as of food, it is impor-

tant to have a variety for every purpose, that all may be benefitted. I have, therefore, arranged under this head, such articles as have been highly beneficial in individual cases, and which may be important to others; but, as an emetic, universally applicable in all cases, the emetic powder, it is confidently believed, is superior to any other preparation for this purpose. The mode of administering it is, first get the stomach active by the use of the sudorific infusion, or the alterative cleansing powders, the composition powders, or such other preparations as the case may require, and some warming infusions, as of catnip, chamomile, ginger, pennyroyal, peppermint, summer savory, or the sudorific infusion; and, if the stomach and system, generally, be very inactive, it is important to pursue this course as freely as the stomach can bear, for two or three days before giving the emetic; but, if the stomach be usually active, it may be administered without delay, always being sure that the bowels are not in a very costive state.

The immediate preparation for administering the emetic is, first let the patient drink freely of some of the infusions above named, until a pint, or more be taken in the course of half an hour, the patient being secluded from cold air, and the feet warm; then add half a \circ of the emetic powder to four \circ s of the infusion, luke warm, and give a \circ at a time, once in fifteen minutes, until the whole be taken, if necessary; or, if this shall fail to act upon the stomach sufficiently, another half \circ may be prepared in like manner, and given at a dose. After which, the patient may take thin milk porridge, or water gruel, freely, which will assist the operation; and, after the operation, a little toast, or other light nourishment, will generally be all that the patient will require for a number of hours. In cases of long standing, this course should be repeated once a week, and in some cases more frequently, until the system shall be well cleansed, using such medicines in the intervals as the necessity of the patient may require. A weak solution of saleratus in warm water, may

be taken after an emetic, in case of acidity. A quantity, the size of a grain of Indian corn, will be sufficient for a tea-cupful. One quarter, third, or half of this may be taken at a time, and repeated in fifteen or twenty minutes, if necessary. It generally assists the operation. A \bigcirc of brandy made into sling, or a dose of the anodyne tincture, or a free use of the above named infusions, will at once relieve the distress sometimes caused by an emetic; and, a drop or two of peppermint oil on a small piece of loaf sugar, will control the excessive action of the stomach. As the operation of an emetic is somewhat tedious, it should never be commenced rashly, or given without thorough and close attention.

Other articles or preparations of this class may be found superior, in some cases, and should be used when necessary.

CLASS 13. EMMENAGOGUES.

Black Cherry, I in cider	Black Cohush, tinct. in rum
Blue Cohush, I \bigcirc or two	Chamomile, I \square or more
Featherfew, I use freely	Gingis, I \bigcirc
Green Wheat juice, \square	Motherwort I use freely
Oak of Jerusalem, I \square	Pennyroyal, I use freely
Pyrena, I use freely	Rue, tincture in rum
Summer savory, I use freely	Tansey, I use freely
Thyme, I use freely	White Vervine, I \bigcirc or two

Here are nervine, stimulating, sudorific and tonic emmenagogues, calculated for the different constitutions of the system, which should be observed in making a prescription. The tonics, and especially the black cherry and chamomile, should be taken before meals, as the stomach can bear, and the other articles, mostly, at bed time. A \square or two of the tinctures may occasionally be added to the infusions when taken, and repeated, as occasion may require.

CLASS 14. EPISPASTICS.

Blister root, bruised	Butternut root bark, bruised
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Crow foot, bruised
 Mayweed, bruised
 Rue, bruised

Horseradish leaves, wilted
 Mustard, see plasters
 Wormwood, bruised.

These articles may be secured to their place by a linen cloth, around the edge of which plaster has been spread, and the whole enclosed in a bandage for six or eight hours, when it may be removed and either kind of cabbage leaves applied, (garden or mead,) and the blister will soon appear. The water should be let out, and the leaves often changed, or a deep, ugly sore may be the consequence.

Blisters are often unnecessarily resorted to, and often become a source of severe torture. They should never be employed, except where counter irritation is necessary, and are then sometimes important.

CLASS 15. ERRHINES.

Bayberry
 Cayenne
 Indian Physic
 Lobelia leaves

Bloodroot
 Gingis
 Laurel
 White Hellebore

Before being used, these articles should be reduced to a fine powder. Common snuff, for headache, &c., is made of the Indian Physic, scented with some of the aromatic oils. See essential oils. For catarrh, the laurel leaves, or white hellebore may be used, or a compound of bloodroot, gingis and myrrh, equal parts, well mixed, or bayberry, bloodroot, gingis and lobelia, equal parts and well mixed. Either of these should be kept a little moist with the oil of organum. For polypus in the nose, bloodroot alone may be used, or it may be compounded with bayberry, equal parts. Cayenne is not recommended to be used as snuff, except in some extraordinary cases where other articles will have little or no effect. In that case cayenne and lobelia may be mixed together, equal parts, and used to advantage, a little at a time, but not often.

The fumes of hartshorn, or ether, if inhaled through the nose, will stop sneezing.

CLASS 16. EXPECTORANTS.

Assafœtida, see nervine tinc. Black Vervine, I use freely
 Blood root, O in D Blue Vervine, I use freely
 Cayenne, $\frac{1}{18}$ to O in milk Crawley root, see recipe
 Blue violet, $\frac{1}{2}$ O with cayenne Flax seed, see recipe
 Hoarhound, I with boneset Hyssop, I use freely
 Licorice ex or root, Lobelia, O or two in D
 Mandrake, sub see recipes Maple Lungwort, I use freely
 Meadow cabbage, O or 2 in D Onion juice, $\frac{1}{2}$ to O
 Pyrena, I use freely Smartweed, I use freely
 Spikenard, I in honey Wa-ahoo, see recipe
 White Pine bark, I use fr'ly Wild Turnip, sub $\frac{1}{2}$ to O

The nervine tincture may sometimes be used as an expectorant, to advantage, as well as various other compounds designated for that purpose, when they are more convenient or efficacious than the simples above mentioned. Cayenne may be taken with blue violet, with flax-seed mucilage, or in milk. Add a O or two of crawley root to one gill of sharp vinegar, and half a pint of water, simmer to half pint, strain and sweeten with honey. Dose, one O or two, three or four times a day. Compounds which contain cathartic expectorants, should be cautiously employed when the bowels are in a debilitated state, and nauseating medicines when the stomach is in an irritable state. Honey, or loaf sugar may be freely used with either of the articles of this class, if agreeable to the patient.

CLASS 17. LAXATIVES.

Assafœtida, see ner. tinct. Barberry berries, conserve
 Black Alder, sub $\frac{1}{2}$ to O Black Cherry, chew
 Blue Violet, sub $\frac{1}{2}$ to O Charcoal, sub O to □
 Columbo, sub $\frac{1}{2}$ O Cucumber tree, sub or I
 Dandelion, ex O or two Egg shells, sub $\frac{1}{2}$ to O
 Gentian, $\frac{1}{2}$ to O Golden seal
 Mullen blos'ms, I use freely Peach leaves, I use freely
 Saffron, I use freely Slippery Elm, sub
 Snake head Sweet Elder, I use freely

White Mustard, whole \bigcirc to \square White Poplar, sub $\frac{1}{2}$ to \bigcirc

The mullen, peach leaves, saffron and sweet elder, are intended for infants. The other articles of this class may be used for children and debilitated adults. The anti-dyspeptic bitters, anti-dyspeptic pills, detergent laxative powders, laxative beer, laxative bitters, and sirup of rhubarb, are also useful for those who require mild treatment, whether in childhood or advanced life.

CLASS 18. LITHONTRIPTICS.

Blood root, D as freely as the stomach can bear

Clivers, I in cold water, 4 oz. to a quart, use freely

Garden Celandine, D in milk, use as the stomach can bear.

Garden Onion juice, or tincture in gin. Dose, 2 to 4 \square s twice a day.

Hard root, in strong D, to each three pints of which, well settled and poured off, add one pint of a strong tincture of queen of the meadow prepared in gin. This may be taken as freely as the patient can bear.

Lobelia in strong D is recommended, if the patient can bear it.

Sweet Appletree bark in ex, a \bigcirc to \square as the patient can bear.

Sweet Clover in strong D to be used as the patient can bear.

Also, a free use of alkalies, and injecting into the bladder of a decoction of the garden radish, or alkali preparations, sufficiently weak to be taken into the stomach, are recommended as far preferable to lithotomy.

As I have never proved the efficacy of blood root, garden celandine, garden onions, lobelia, radish or the alkalies, for the purpose of dissolving the stone in the bladder, I mention them only because they are highly recommended, from what I consider good authority.

CLASS 19. NEPHRITICS.

Bearberry, I use freely Beth root, $\frac{1}{2}$ to $\frac{1}{4}$ \bigcirc

Bittersweet, 1 ○ or two	Blood root, ○ in D
Blue Violet, sub $\frac{1}{2}$ to ○	Cat-foot, 1 use freely
Clivers, see class 18	Erma, 1 use freely
Knot Grass, 1 use freely	Lobelia, ○ in D
Parsley, 1 use freely	Peach leaves, 1 use freely
Pipsisway, ex pills 1 to 3	Pyrena, 1 use freely.

In cases of bloody urine, peach leaves will be found efficacious, if used for a day or two, and uva ursi, or other articles may be used afterward. For a debility of the loins in consequence of a chronic disease of the kidneys, pipsisway pills possess great efficacy. In diseases of the kidneys, causing a suppression of urine, those articles possessing active diuretic properties must be employed. Foment if necessary.

CLASS 20. NERVINES.

Angelica, sub $\frac{1}{2}$ to ○	Assafoetida, See ner. tinct.
Avens root, sub $\frac{1}{2}$ to ○	Beth root, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○
Betony root, 1 ○ or two	Black Vervine, 1 ○ or two
Blood root, tinct 6 to 30 drps	Blue Flag, see recipes
Blue Scul-cap, 1 use freely	Brook-lime, 1 use freely
Chamomile, 1 use freely	Clove root, 1 use freely
Coeash, 1 use freely	Cole root, 1 ○ or two
Crawley root, 1 ○ or two	Cuckold, 1 use freely
Ginseng, 1 ○ or two	Golden thread, 1 use freely
High Cran. 1 ○ or two	Knot Grass, 1 use freely
Lady slipper, 1 use freely	Marigold, 1 ○ or two
Meadow Cabbage, sub $\frac{1}{2}$ ○	Motherwort, 1 use freely
Ova Ova, 1 ○ or two	Peony, 1 ○ or two
Pleurisy root, 1 or sub freely	Pyrena, 1 use freely
Queen of mead. 1 ○ or two	Red Cohush, 1 ○ or two
Saffron, 1 ○ or two	Scotch-eap, D use freely
Snake-head, 1 ○ or two	Sweet Fern, 1 use freely
Vine Maple, 1 use freely	Water eup root, 1 ○ or two

Nervines, as well as other medicines, must be selected according to the circumstances of the patient otherwise. The powders should generally be administered night and morning, and the D and I as a constant drink through the

day, and if preferred to the powders, may also be taken freely at bed time.

CLASS 21. DIFFUSIBLE STIMULANTS.

Calamus, I ○ or two	Cayenne, I $\frac{1}{4}$ to $\frac{1}{2}$ ○
Cloves, I $\frac{1}{4}$ to $\frac{1}{2}$ ○	Cocash, I use freely
Ginger, I ○ or two	Gingis, I ○ or two
Horseradish, I □ or less	Lovage, I ○ or two
Mayweed, I use freely	Mustard, I □ or less
Summer Savory, I use freely	White snakeroot, I ○ or two
Wormwood, I use freely	Yarrow, I use freely.

These medicines may be used when a quick stimulant is required; and, in some cases, may be advantageously employed in the first stage of disease.

• CLASS 22. DURABLE STIMULANTS.

Angelica, sub ○ or two	Bayberry, sub $\frac{1}{2}$ to ○
Black Cherry, I □	Black Cohush. sub $\frac{1}{4}$ to $\frac{1}{2}$ ○
Blue Cohush, sub ○ or two	Boneset, I use freely
Cayenne, sub $\frac{1}{16}$ to $\frac{1}{2}$ ○	Cucumber tree, sub $\frac{1}{2}$ to ○
Guaiaac gum, tinct. $\frac{1}{2}$ ○	Pipsisway, I use freely
Prickley Ash, sub $\frac{1}{2}$ to ○	Snake-head, I ○ or two
White Mustard, sub ○ to □	Whitewood, sub $\frac{1}{2}$ to ○

This class of medicine is rarely proper in the first stage of disease. Some of the articles, however, possess other important properties, for which they are recommended in other classes, and in the compounds.

CLASS 23. STYPTICS.

Alum root, sub $\frac{1}{2}$ ○	Avens root, sub $\frac{1}{2}$ ○
Beth root, sub $\frac{1}{3}$ ○	Bugle weed I
Fireweed leaves, I	Fleabine leaves, I
Mandrake, sub $\frac{1}{4}$ to $\frac{1}{2}$ ○	Mountain marigold, I
None-so-pretty leaves, I	Peach leaves, I
Witch-hazle leaves, I	Yarrow, I.

Here are astringent, cathartic, and other styptics which should be used according to the necessity of the case. These may be used more or less liberally, as the case

may require. A \square of the articles recommended for infusions may be prepared at a time, and the powders repeated at proper intervals.

CLASS 24. SUDORIFICS.

Blue Scul-cap, I use freely	Calamint, I use freely
Catnip, I use freely	Crawley root, sub $\frac{1}{2}$ to \circ
Cuckold, I use freely	Ginger, I \circ or two
Hemlock boughs, I use freely	Hyssop, I use freely
Oak of Jerusalem, I freely	Pennyroyal, I use freely
Peppermint, I use freely	Pleurisy root, I use freely
Pyrena, I use freely	Red Raspberry, I use freely
Sage, I use freely	Smartweed, I use freely
Summer Savory, freely	Thyme, I use freely
White Snakeroot, I \circ or 2	Yarrow, I use freely.

The articles of this class, and the sudorific and anodyne infusions are invaluable sudorifics, and may be safely used in all cases which require sweating remedies. The anodyne drops, anodyne powders, or asthmatic tincture, may be taken in connexion with the infusions whenever the patient is severely afflicted with pain. The sweating may be farther promoted by placing a stone at the feet, thoroughly warmed and wrapped in a damp, linen cloth, with a dry one over it. Bathing the feet, (see bathing applications) is often of great value at the commencement of taking sweating remedies. Sometimes, too, the wearing apparel should be removed entirely, while the body is shielded from the air by a quilt or blanket, and the fumes of burning alcohol from one or more lamps, or the vapor of hot water increased by immersing heated stones in it be permitted to circulate freely around every part of the surface except the head, while sudorifics should be freely administered. This process may be continued from fifteen minutes to an hour, as the patient can bear or the case may require; and, if necessary to prevent faintness, bathe the face and breast occasionally in cold water. When the warm bath is discontinued, the patient should be bathed all over in cold spirits or cold water, the under

garments put on, and the patient may return to bed with a stone to the feet as before directed; or, if health and weather will permit, he may dress and walk out. The best position in ordinary cases while applying the bath, is for the patient to sit in an open bottomed chair with the lamps at the sides and back of the chair, or, if water is used, a pan containing it may set at the back of the chair, and the quilt raised while heated stones may be partly immersed in the water as the case may require, so as to keep the vapor as the patient can bear.

Another kind of bath, which, in many cases is probably superior to every other method as yet devised, is the application to the whole surface of a wet sheet, differing in temperature from warm to cold, according to the ability of the patient to bear, is thus described in a work of 144 duodecimo pages, published by Wilson & Co. New-York, No. 15, Spruce Street, entitled the Philosophy of the Water Cure, price 25 cents, and can be forwarded by mail.

"THE WET SHEET."

This, by different modes of application, is used for the two-fold purpose of increasing or diminishing the animal temperature; soothing aches and irritation—removing languor and fatigue—tranquilizing the pulse, and subduing fever. It opens the pores, favors cutaneous transudation of morbid materials. Hence the intolerable odor sometimes exhaled from the sheets; and the thick coating of slimy matter with which they are varnished. The fluids repelled from the surface by the first chill return with a brisker circulation: the escape of caloric is prevented by the covering; and the moisture of the sheets is converted into vapor. According to the delicacy of constitution, and the feebleness of the reactive power, the heat of the water and the weight of the covering must be increased.

The wet sheet is Priessnitz's greatest discovery, and far outstrips all other therapeutical improvements ever made in the healing art. This is destined to be the universal

domestic remedy used by mothers and nurses in the outbreak of all illnesses ; and will supersede, in nine cases in ten, both the employment of medicine, and the attendance of the physician. With every water-cured person its efficacy will be an article of *faith* that no arguments will stagger, and its practice in every emergency a source of confidence that no authority will baffle. Few are the complaints in young or old in which this remedy will not be hailed as one of the best boons ever given by Heaven to suffering mortals. This language is strong, and may be called enthusiastic. But we appeal to those who have tested the powers of the wet-sheet fomentation, whether our meed of praise is commensurate with its merits. In weariness and watching—in fatigue and cold—in restlessness and anguish—in acute diseases and in chronic ailments—in fevers and inflammations—in shivered nerves and fretted brain—in worn-out stomachs and palsied bowels—in irritated skin and broken bones—in quelling morbid heat and soothing morbid sensibility—in the quiet routine of home and the bustle of travel abroad—in infancy and in age—in the weak and in the strong—in cottages and in palaces—in courts and in camps—in hospitals and in prisons—in all climates and seasons—shivering at the poles, or scorching in the tropics—in all the multifarious ills that flesh is heir to—the wet sheet will be the first remedial resource of the sick, and the last earthly refuge of the dying.

The wet sheet is applied in the following way:—A thick quilt or comfortable is first smoothly spread on a mattress or bed, a flannel sheet over this and a linen or cotton sheet wrung out of either warm or cold water over the flannel sheet ; the patient then reclines at full length, and has first the wet sheet and then the flannel wrapped round him, fitting it closely about the neck, and securely covering the feet. The blanket is then with equal care tucked under the neck and shoulders, the trunk and limbs of one side, and then of the other. This “packing” which resembles a compact bale of goods, is then comple-

ted by a load of additional blankets and coverings, or preferably by a down-feather bed, which is well tucked in from the neck to the feet. In this state the patient is allowed to remain from half an hour to an hour, drinking a small tumbler or two of water in the time. The first impression is disagreeable, but it is only for a minute or two; and is succeeded by a soothing freshness hightening into a delicious glow; which would end in perspiration if prolonged. On being unpacked from this envelopement, the patient takes the cold or tepid half-bath or full-bath, and is well rubbed in the water by an attendant for a longer or a shorter time, himself assisting in the operation. He then dresses quickly, and goes out to his customary walk and water-drinking. This process is usually gone through the first thing in the morning, and commences the daily routine of treatment. It is repeated or not in the subsequent parts of the day, according as it is indicated. The sensations of the patient will often be the monitors for his extrication, and the inducement for its repetition or cessation. When the object is to quell fever, the sheet must be changed every quarter of an hour or half hour, or as often as may be necessary to bring about a cool surface. When the due abstraction of heat and reduction of fever is effected, the patient is put into a slightly tepid bath, and well rubbed."

I have seen surprisingly good effects produced by this bath, followed by thoroughly applied friction without the additional water bath. I am of the opinion that this is a powerful auxiliary in removing many diseases, and especially those attended with nervous debility. The application of cold water to the whole surface after the bath, or on rising in the morning by showering, sponging, or with the hand, followed by brisk and thoroughly applied friction with a flesh brush or coarse towel, is highly recommended as a luxury and a preventive of disease by invigorating the system, at all seasons of the year. It is also recommended that the under garment worn through the day should be exchanged on retiring to rest, and this is certainly economy.

If determinations to the head occur during this process, cold applications to the scalp are to be constantly renewed as they get warm. If the feet or legs continue cold, apply heated stones as directed on page 80, to the feet and limbs.

“ WET BANDAGES

Accomplish on a small scale, and on fitting places, what the wet sheet does for the whole body. They are employed also with the two-fold object of cooling or heating, of *diminishing* or *increasing* action, according as evaporation is permitted or prevented, and according to the frequency of their renewal. In the one case, when the object is to lessen action—to subdue or prevent inflammation—to allay the irritation of wounds, bruises, or fractures—the fomentation is kept constantly renewed, but allowed to evaporate. In the other case, it acts as a counter-irritant; it transfers action from the deeper-seated parts to the surface, allaying irritation, relieving visceral congestions, dissipating engorgements, opening up obstructions, solving spasm, and restoring secretions. These objects are further aided by *derivation* to distant parts, as by the hip and foot-baths.

The wet bandages are applied to various parts of the body. The cooling or refrigerant bandage consists of linen of suitable size for the part affected, folded several times, and dipped in cold water, gently expressed, and placed on the part affected. This application is renewed every five or ten minutes, according to the cooling effect intended; and continued night and day without interval, until the inflammation is removed or danger averted. Neglect in their change may cause the worst results, by promoting what it is intended to prevent. These cooling bandages are used when active inflammation is going on; in acute affections of the head; in local injuries; in suppurating surfaces, as boils; in compound fractures—and wherever the indication is to lessen action.

The heating or stimulant bandage only differs from the last in evaporation being prevented by an effectual covering or bandage of dry linen, and in the water being more thoroughly wrung out. These are not changed till they begin to be dry. This fomentation is universally applied in all local chronic diseases, all wounds, injuries, and ulcers; in disorders of the liver, stomach, bowels, heart, lungs, and ganglionic nervous centres—in short, to any painful spot, or seat of irritation—to some eruptions and boils, and to gouty and rheumatic joints.

The abdominal fomentation or bandage is almost of universal application. This consists of a towel of about three yards long, and from six inches to a foot in width. One third of it wetted and well wrung out is wound round the abdomen and back, and covered by the dry part drawn as tightly as can be conveniently borne: for otherwise it would permit evaporation, and produce chill. It is to be renewed whenever it becomes dry; and is usually to be worn by night as well as by day. If the back should remain chilly, the front part only of the bandage is to be wetted; and exercise should be used after it. This fomentation is of great utility in all derangements of the abdominal and pelvic viscera; facilitating remarkably the functions of the stomach and bowels; allaying morbid sensibility and inflammatory irritation in its several tissues; relieving constipation on the one hand, and diarrhœa on the other. Patients subject to sore throats, or to pulmonary affections, should wear constantly the heating bandages round the throat, and over the chest."

CLASS 25. TONICS.

Barberry, I a ○ or two	Bayberry, I a ○ or two
Bearberry, I use freely	Bethroot, sub $\frac{1}{4}$ to $\frac{1}{2}$ a ○
Black Cherry, I a ○ or two	Black Poplar, I a ○ or two
Bogvein, I a ○ or two	Boneset, I use freely
Boxwood Blossoms, I	Brooklime, I use freely
Bugleweed, I use freely	Colic Root, I a ○
Chamomile, I use freely	Comfrey, sub mucilage

Columbo, I a ○ or two	Ginseng, I a ○ or two
Cucumber Tree, I a ○	Golden Seal, sub $\frac{1}{8}$ to $\frac{1}{4}$ of a ○
Gentian, sub $\frac{1}{2}$ or I a ○	Hard Root, I use freely
Golden Thread, I use freely	Indian Hemp, I a ○ or two
Iron Wood Heart, I a ○	Lady Slipper, I a ○ or two
Mountain Ash, I a ○ or two	Nanny Bush, I a □ or less
Peach Pitts, eat 3 or 4	Queen of the Meadow, I
Sage, I cold, for night sweats	Snake Head, I a ○ or two
Solomon Seal, eat some	Spikenard, I a ○ or two
Swamp Sassafras, I a ○ or 2	Sweet apple tree, I a □ or less
Tag Alder, I a ○ to a □	Tansey juice, a □ in milk
Vine Maple, I use freely	Water Cup root, I a ○
White daisy, I for night sw'ts	White Wood, I a ○ or two

Many of these tonics possess other important medical qualities, such as astringent, diuretic, stimulating, sudorific, &c. which should be observed in making a selection for any individual case. Some too, are quite powerful, others very mild, so that a selection may be made for the extremely debilitated as well as for the more vigorous and active. These medicines are calculated to give tone to, and invigorate the system, when exhausted or prostrated by excessive fatigue or by disease, and are therefore used only as restoratives in the absence of fever or inflammatory action. A number of the compounds are designated as tonics, which will be found useful.

CLASS 26. VERMIFUGES.

Black Alder, sub $\frac{1}{2}$ to a ○	Black Poplar, sub $\frac{1}{2}$ to a ○
Bogvein, sub $\frac{1}{4}$ to $\frac{1}{2}$ a ○	Cowhage, see cowhage
Cucumber Tree, $\frac{1}{2}$ to a ○	Garlic juice, a ○ to a □
Gentian, sub $\frac{1}{2}$ to a ○	Hops, I strong freely
Indian Hemp, sub $\frac{1}{2}$ to a ○	Indian Physic, $\frac{1}{4}$ to $\frac{1}{2}$ a ○
Mandrake, see class 8	Oak of Jerusalem, sub $\frac{1}{2}$ to ○
Peach leaves, I use freely	Rue, I or sub $\frac{1}{4}$ to $\frac{1}{2}$ a ○
Sage, sub $\frac{1}{2}$ to a ○	Snake Head, sub $\frac{1}{2}$ to a ○
Spearmint, I strong	Tansey juice, a ○ to a □
White cedar oil, 3 to 8 drops	White Poplar, sub $\frac{1}{2}$ to a ○
White vervine, sub $\frac{1}{4}$ to $\frac{1}{2}$ a ○	White wood, sub $\frac{1}{4}$ to $\frac{1}{2}$ a ○

Wild Turnip, sub $\frac{1}{2}$ to a \bigcirc . Wormwood, sub $\frac{1}{4}$ to $\frac{1}{2}$ a \bigcirc .

In this class are medicines which also possess cathartic, stimulating, sudorific, tonic, and other properties, which should be selected as the patient shall require. The vermifuge powders are invaluable as a vermifuge and to strengthen the stomach. The oil of turpentine in honey and milk, is highly recommended in \bigcirc doses. Dr. Whitney says, "it will remove the tape worm with more certainty than any other means." While pursuing a course of treatment for worms, cathartics belonging to this class or other cathartics, should be administered once in three or four days, or as freely as the strength of the patient will admit. Dose of cowhage, one or two \bigcirc s.

BALSAMS.

Balsam of Balm of Gilead, is obtained by heating and pressing the buds; or a tincture may be made by putting the buds into alcohol. This balsam is healing, stimulating and tonic, and may be used internally or externally.

Balsam of Fir, is obtained from blisters in the bark, and may be used tinctured in alcohol or otherwise, and possesses anodyne, diuretic and laxative properties.

Balsam of Pine, is obtained from cavities in the timber, is healing and tonic; but is so seldom obtained that it is rarely used.

Balsam of Spruce, is most frequently obtained in an inspissated form (gum) on the bark of the tree, and may be tinctured in alcohol, and possesses diuretic, expectorant and tonic properties. Useful in asthma, consumption, &c.

Balsam of Tamarack, is obtained from cavities in the timber and by incisions, and may be tinctured in alcohol. It possesses healing, stimulating and tonic properties.

These Balsams may be taken a few drops at a time on loaf sugar, and the tincture may be taken in $\frac{1}{2}$ \bigcirc doses for internal pain or soreness. They may be applied externally for pain, or sprain.

VEGETABLE ESSENTIAL OILS.

- Anise-seed—Carminative, dose from 1 to 4 drops.
 Fir—Anodyne, diuretic, stimulating and tonic, 6 to 10.
 Fireweed—Cooling, healing and styptic, 5 to 15.
 Fleabane—Cooling, healing and styptic, 5 to 15.
 Hemlock Tree—Anodyne and sudorific, 8 to 15.
 Juniper—Carminative and diuretic, 8 to 15.
 Lemon—Essence good to create an appetite, 6 to 15.
 Origanum—Good in catarrhal affections and in liniments.
 Pennyroyal—Carminative and sudorific, 5 to 10.
 Peppermint—Anodyne, carminative and sudorific, 1 to 3.
 Sassafras—Detergent, externally stimulating, 1 to 3.
 Savin—Diuretic, emmenagogue and tonic, 1 to 3.
 Spearmint—Carminative, diuretic and vermifuge, 2 to 6.
 Spruce—Diuretic, expectorant and tonic, 2 to 6.
 Summer Savory—Carminative, stim. and sudorific, 1 to 3.
 Tansey—Emmenagogue, tonic and vermifuge, 1 to 4.
 White Cedar—Tonic and vermifuge, 1 to 4.
 Wintergreen—Carminative and diuretic, 1 to 3.
 Wormwood—Stimulating, tonic and vermifuge, 1 to 3.
 Worm Seed—Vermifuge, 3 to 8.

When essential oils are used internally, they should either be dropped on sugar or cut in alcohol. One ounce of oil is sufficient for a pint. The figures at the end of the lines show the number of drops of each, that may be taken with safety. Three or four times as much of the essence may be taken.

ANIMAL OILS, TO BE USED INTERNALLY.

- | | |
|---|---|
| Bears oil, $\frac{1}{4}$ to a \bigcirc | Goose oil, $\frac{1}{4}$ to a \bigcirc |
| Hens oil, $\frac{1}{4}$ to a \bigcirc | Mud Turtle's oil, 4 to 8 drops |
| Pig foot oil, $\frac{1}{4}$ to a \bigcirc | Rattle snake's oil, 4 to 6 drops |
| Skunk oil, $\frac{1}{4}$ to a \bigcirc | Turkey oil, $\frac{1}{4}$ to a \bigcirc |

These directions are intended for children. Adults may take three or four times as much. These oils are important in cases of croup and affections of the lungs, caused by taking cold, hoarseness, difficulty of breathing, &c.

The above, and dog oil, fox oil, fresh butter oil, neat's

foot oil, raccoon's oil, and squirrel oil, are useful in the preparation of ointments and salves.

Angle worms put into a bottle and set in the sun in hot weather, soon forms a valuable relaxing oil for shrunk cords and muscles.

Mud Turtle and Rattlesnake oils moderately employed, are also good for a relaxing application.

VEGETABLE EXPRESSED OILS.

Soft pure vegetable oil may be obtained by pounding, warming and pressing the meats of either butternut or hickory nut, which is usefully employed to drop into the ear in case of hardened wax.

The oil of pumpkin seeds obtained in the same manner, is a powerful diuretic to be employed as the case may require. Dose 6 to 12 drops.

Castor oil is also an expressed oil, much used as medicine. The cold pressed, is, however, superior to that obtained by warming. Croton oil is also expressed.

BATHING AND FOMENTING APPLICATIONS.

Alkali—Weak or white lye, or a solution of saleratus a little slippery, as warm as it can be borne, is an invaluable preparation for bathing the feet, in case of obstructions.

Bittersweet—Foment painful tumors, and bathe for inflammations.

Black Cohush—Bathe painful tumors, swelled limbs &c.

Black Vervine—Foment painful tumors.

Buttermilk—Bathe for inflammation, poison, &c.

Cayenne—A \bigcirc or two added to warm water to bathe the feet; or mix with an equal quantity of salt, to be 1 in vinegar, bathe for rheumatism.

Hemlock boughs—Strong I, bathe the feet or foment for pain.

Hops simmered in vinegar, foment for pain.

Oats boiled enclosed in linen, foment for pain.

Onions roasted or boiled and enclosed, foment for pain.

Potatoes boiled, mashed fine & enclosed, foment for pain
Salt and water, bathe the whole surface when debilitated.

Scoke root--Slice and boil a large handfull, bathe the feet in dropsy.

Smartweed--Strong I, bathe feet or foment for pain
This is an invaluable foment in the inflamed stage of the piles.

White Oak bark--Strong I, bathe weak cords, foul ulcers, &c.

Wormwood--Strong I, bathe bruises or foment for pain.

Before and while using bathing or fomenting applications, the patient should use sudorifics freely, and anodynes if necessary. After bathing the feet (half an hour at least) wipe them dry and wrap them in warm flannel. After fomenting, wipe the part dry, bathe with liniment or tincture, and keep the part warm and secure from air.

WASHES.

Bayberry--Strong I for foul ulcers, &c., and as the patient can bear, for sore eyes.

Bittersweet--Strong I for foul ulcers, &c.

Black Maple, strong I for foul ulcers, inflammation, &c.

Bramble bush, strong I for foul ulcers, inflammation, &c.

Cat tail flag, strong D in milk and water for irritable sores.

Cayenne, I as the patient can bear for foul indolent ulcers.

Comfrey, pulverise very fine, and make into mucilage for sores.

Nanny bush, strong I for foul ulcers.

None-so-pretty, make into mucilage for irritable sores.

Princes pine, strong D for inflammations, foul ulcers &c.

Pyrena, strong I for inflammation, fresh wounds or ulcers.

Rose Willow, strong D for foul ulcers.

Scoke Root, strong D for bloating of the feet and dropsy

Swamp Sassafras, strong I for foul ulcers.

Vinegar of the best quality, saturated with salt, reduced 3 to 1 with soft water, is an invaluable remedy for inflamed eyes, for canker, scarlet fever, &c.

White Oak, strong I for foul or putrid ulcers.

White Pine bark, strong I in cold water for tumors or ulcers. Warm when applied if necessary.

Wild Indigo, strong D for cancers, tumors and foul mortifying ulcers.

Yellow Dock, strong I for cancers and foul mortifying ulcers.

As soon as consistent after applying a wash (except to the eye) shield the affected part from the air by the application of some of the poultices, ointments, salves or plasters.

POULTICES.

Basswood made soft simmered in cream, milk or milk and water, is soothing.

Carrots grated, raw or boiled tender, is good in cases of inflammation.

Catnip, strong I, heat boiling hot and thicken with corn meal.

Cat tail flag root boiled in milk and water and pounded soft, for swellings, mortifications, &c.

Charcoal finely pulverised and mixed with brewers yeast, powerfully antiseptic.

Comfrey pulverised, or the green roots pounded, moistened and applied, is soothing.

Flax-seed pounded fine, stir it into a thin corn meal pudding, while hot.

Lobelia herb pulverised and mixed with an equal quantity of slippery elm, and moistened with some of the washes. This is one of the best poultices ever used for inflamed indolent ulcers.

None so pretty pulverised and prepared as flax-seed, or with lobelia.

Pussy willow bark, pulverised and prepared as basswood.

Potatoes boiled or roasted, are good for inflammation.

Pyrena pulverised and mixed with slippery elm, or prepared as flax-seed.

Sassafras bark pulverised and prepared as flax-seed or with lobelia.

Scoke root roasted and made soft, or pulverise and mix with slippery elm.

Slippery Elm finely pulverised and moistened with same wash infusion.

Sorrel leaves roasted in a cabbage leaf: This will hasten suppuration.

Spotted Plantain, top and root, green, pounded soft.

Thorn apple leaves pulverised and prepared as lobelia for foul ulcers.

Weak lye a little slippery and clear. Thicken while boiling with corn meal.

White Beans boiled soft are very discutient, good in transferred mumps.

White Pine, the inner bark scraped or pounded soft.

White or yellow pond lily, may be roasted while green, or pulverised, moisten with the washes; good in scrofula.

Wild Indigo pulverised and simmered in water a few minutes, or make a strong D. In either case thicken with slippery elm. This is a superior application for inflamed tumors and is a powerful anti-septic.

Yeast thickened with charcoal or smartweed and slippery elm, is also powerfully anti-septic.

These should be judiciously selected to meet the necessity of the cases requiring their use.

DRAUGHTS FOR THE FEET.

Bass wood leaves,	Beet leaves,
Black Maple leaves,	Burdock leaves,
Garden Cabbage leaves,	Garlics pounded soft,
Horse Radish leaves,	Meadow Cabbage leaves,
Mullen leaves,	Mustard Plaster, weak,
Onions roasted or pounded,	Plantain leaves pounded,
Scoke roasted, or the leaves,	Soft soap and flour,

The thick part of leaves should be removed, the part used made pliable and wilted by the heat of fire or in warm water.

CONSERVES.

Barberry berries,	Blackberries,
Cranberries, either kind,	Grapes,
Lemon juice,	Peaches,
Pie-plant stalks,	Strawberries,
Sweet Elder berries,	Whortleberries.

The juice of barberry berries, lemon and sweet elder berries, can be obtained by mashing and hard pressure. The other articles will require to be simmered in pure soft water until they are sufficiently tender to have the juice flow freely when pressed, and this should be accomplished with as small a quantity of water as will effect the object. When the juice is obtained and strained clear, add an equal quantity or more of pure loaf sugar, and simmer to the consistency of honey. The barberry, pie-plant and sweet elder are laxative. The blackberry is good in bowel complaints. The cranberry, lemon and grape are good to mix with cold water for a drink in fevers. The peach and whortleberry possess diuretic properties. The strawberry, as well as the other conserves, in accordance with their medical properties, may be used to render the taste of medicine more agreeable, and if judiciously administered, more efficacious also.

INJECTIONS.

The size of the syringe should correspond with the quantity to be given.

ASTRINGENT INJECTIONS.

An infusion of either of the articles of Class 6, may be used, to which a \bigcirc or two of slippery elm may be added. This is useful in dysentery, piles, &c.

CATHARTIC INJECTIONS.

Infuse one \bigcirc of the best fine cut tobacco in one quart of boiling water; after it is sufficiently cool, strain and add

slippery elm or animal oil, or both. Or, blow the smoke of two or three pipefuls of tobacco into half a pint or more of new milk and sweeten with sale molasses. These injections are for colic and other cases which require immediate action, pin worms, &c.

Or to a strong infusion of boneset and lobelia, add an equal quantity of molasses and new milk. To this add one gill of sweet oil, and two or three drops of croton oil. Administer with a large syringe, and repeat every hour if necessary. Good in strangulated hernia, &c.

COMMON INJECTION.

An infusion of boneset or other herbs, milk, &c., sweetened with molasses. Soap suds may also be used.

LAXATIVE INJECTION.

Either of the infusions of Class 17. Add blue violet in powders. This and the common injection may be used to move the bowels of weak patients, in cases of piles, and for children.

STIMULATING INJECTIONS

Are prepared by adding stimulants to any of the above named preparations, except the cathartic injection, and such articles may be used as would be proper at the same time to be introduced into the stomach, such as anodyne, anti-scorfulous, anti-spasmodic, and nervine tinctures, and rheumatic elixir. Cayenne may also be added, and in cases of tenesmus the anodyne drops are proper. Oils and slippery elm, one or both, may be advantageously employed in most cases. A solution of salt (brine) may be employed beneficially in cases of inflammation. That injections may be advantageously employed in cases of disease in the bowels, cannot be questioned by the reflecting mind. It may be necessary to add, that in cases of extreme debility of the bowels, in which the stomach cannot bear a sufficient quantity of nourishment to support the system, beef tea and other fluid preparations may be administered in this way, with great benefit to the languishing sufferer.

PART THIRD. PHARMACY.

As a great variety of the recipes contained in this work are not often required for family use, and can generally be obtained when necessary, those particularly important to be kept on hand at all times, will be designated by a *.

BITTERS.

Medicines for bitters should be pounded and sifted through a meal seive before compounding.

ANTI-DYSPEPTIC BITTERS.*

Mix well together two parts each of black cohush, indian physic and mandrake, and one part each of angelica or masterwort, black cherry or gentian, boneset and prickly ash bark. One \bigcirc of this compound may be infused in half a pint of boiling water to be taken in the course of a day.

Or add four \square s of the compound to one quart of boiling water, simmer to a pint, to which add half a pint each of spirits and sale molasses. Or if preferred, infuse the same quantity in one quart of spirits. Dose, one \bigcirc to a \square or more before meals three times a day.

Good in cases of costiveness, craving or loss of appetite, and other deranged action of the stomach and bowels.

JAUNDICE BITTERS.

Mix well together four ounces each of black cherry, prickly ash and white ash barks, and infuse the whole in one gallon of good cider. Or if preferred, add the whole to one gallon of spirits, or prepare it into a gallon of syrup. Dose, as the stomach can bear before meals three times a day. Good in cases of jaundice, debility, and for a thick sizzly state of the blood.

In this compound, Dr. Higbie uses the whitewood bark instead of the white ash, and adds four ounces of hops and

two each of horse radish roots and mustard seed. These add much to its stimulating effects.

LAXATIVE BITTERS.

To one quart of rum add one ounce and a half of anise seed, one ounce each of aloes and cinnamon, and half an ounce of myrrh. Keep it in a warm place and shake it frequently for three or four days, when it will be fit for use. Dose, a \bigcirc to a \square or two before meals three times a day. Good for costiveness, &c.

RHEUMATIC BITTERS. DR. HIGBIE.

Add one ounce each of black cohush, cocash roots and pipsisway to one quart of best brandy. Shake it often for five or six days, when it will be fit for use. Dose, a \square to a wine glass full between meals and at bed time, three or four times a day. Good in rheumatic affections, numbness of the extremities, &c.

STIMULATING BITTERS.*

Mix well together four parts of black cohush, two parts each of angelica, boneset, gentian, meadow cabbage, pipsisway, prickley ash and whitewood, and one part of cayenne. One \bigcirc of this compound may be infused in half a pint of boiling water, to be taken in the course of a day; but the best mode of preparation for cases generally, is to infuse four \square s of the compound for fifteen or twenty minutes in a quart of boiling water, strain and add one pint best brandy. Dose, a \square or two before meals three times a day, and at bed time. Good in cases of rheumatism, numbness of the extremities, languor, incubus, &c., and is a sovereign remedy for habitual nose bleeding.

STOMACHIC BITTERS.

Mix well together four parts of snake head, two of pleurisy root, one of golden seal, and half a part of cayenne. Infuse a \bigcirc or two of this compound as the stomach can bear, in half a pint or more of boiling water, to be taken through the course of the day; or, in case of distress from food, a liberal dose may be taken either before or after each meal as shall be found most efficacious. This medicine gives tone to, and strengthens the stomach, re-

lieves inflammatory action, and assists greatly in cleansing unhealthy humors from the system. Four \square s of this compound may also be infused in one quart of spirits. Dose, a \bigcirc to a \square or two as the stomach can bear, before meals three times a day.

TONIC AND NERVINE BITTERS.

To one quart of good brandy, add half an ounce each of angelica, colic root, ginseng, golden seal, lady-slipper and white wood. Shake it often for three or four days when it will be fit for use. Dose, one \bigcirc to a \square as the stomach can bear, before meals three times a day. Good in cases of general and nervous debility and to create an appetite.

NOTE.—Before using tonics, either in bitters or sirups, the stomach and bowels must be well cleansed, and especially in cases of long standing; otherwise, debility and inflammatory action will follow their use rather than an increase of strength. In many cases, the simples named in Class 25, are far superior to the use of compounds for extreme debility.

DECOCTIONS.

CLEANSING DECOCTION.

To one gallon of pure soft water, add two ounces each of guaiac chips, pipsisway and sarsaparilla, and half an ounce each of liquorice ball and sassafras, boil gently or simmer to two quarts, strain and add two quarts more of water, boil gently to one quart and strain this with the other decoction, add one pint of molasses and simmer to three pints. The whole should be taken between meals in the course of four or five days, or as the patient can bear.

DETERGENT DECOCTION.

Mix well together two ounces each, of betony and lobelia herbs, and one ounce each of blue violet, ginseng and pleurisy root. From a small to a large \bigcirc may be added

to from half a pint to a pint of boiling water, boil at least ten minutes, strain and use as the stomach can bear. Good to cleanse the blood, and for inflammation of the lungs, &c.

TONIC DECOCTION.

Brown and pulverise dry comfrey root and make it into coffee. Add sugar and cream to make it palatable. Good for night sweats. See also sage and white daisy, in Class 25, for the same purpose.

DROPS, ELIXIRS AND TINCTURES.

ALKALINE TINCTURE.

To one pint of alcohol, add two ounces of salætatus and shake it often for two or three days, when it will be fit for use. Good in cases of saltrheum, scald head, &c.—Moisten the affected part with it twice a day.

ANODYNE COUGH DROPS.*

To a quart of proof spirits, add two ounces of blood root and one of opium. Shake it often for a few days when it will be fit for use. Dose, six or eight drops, or as the patient can bear. For some cases of chronic cough this is a superior remedy.

ANODYNE DROPS.*

To one quart of alcohol add one ounce each of angelica, calamus, camphor, hemlock oil, opium and saffron, the substances coarsely pulverised. Shake it often for six or eight days when it will be fit for use. Dose, from six to fifteen or twenty drops in anodyne or sudorific infusions, and repeat the dose occasionally as the case may require. Good to ease pain, promote perspiration, procure sleep, and relieve a cough.

ANODYNE TINCTURE.*

To four gallons of the best alcohol, (75 to 80 per cent proof,) add one pound each of gum guaiac and hemlock oil, and three half pints of a thick extract of pipsisway

A tin can that will hold about five gallons and can be closely corked, is the best article to prepare it in. In warm weather set this in the sun a few hours each day and shake it thoroughly three or four times a day, for six or eight days, when it will be fit for use. When made in cold weather, considerable pains is required to keep it warm. It should be set on a warm stove and stirred thoroughly from the bottom with an iron rod, and also shaken several times a day until the tincture will settle clear and be of a brilliant dark shade. Dose from $\frac{1}{2}$ to a \bigcirc in twice that quantity of water or herb infusions. This invaluable preparation is a remedy for most cases of pain, either internally or externally, and for stitch or debility of the back or side, palpitation, chills, pimpled face, bruises, sprains, wounds, bites or stings of insects, &c., and for poll evil, hoof ail, wounds, galls, &c., on horses and cattle.

After taking and bathing for headache, apply the hand to the nose while moistened with the drops and inhale the vapor. For pimpled face, squeeze out the inspissated fluid and bathe the part affected two or three times a day.

Before bathing externally, a dose should be taken to guard the stomach. No medicine ever invented will answer as many important purposes as this, and no medicine was ever more basely counterfeited by those who appear to have forgotten the obligation they are under, to do as they would that others should do unto them.

ANTI-DYSPEPTIC ELIXIR.

Make an extract of half a bushel of butternut bark, a peck of white ash, and one pound each of boneset, meadow cabbage, pleurisy root and smartweed. When reduced to two gallons strain, add two quarts of molasses and simmer to six quarts, and when cool add two quarts gin. Dose, one \square more or less, so as to move the bowels gently. Good in cases of costiveness, dyspepsia, and in bilious affections.

ANTI-SCROFULOUS TINCTURE.*

To one gallon of proof spirits, add twelve ounces of lobelia herb, and two ounces of swamp sassafras coarsely

pulverised. Shake it often for six or eight days, when it will be fit for use. Dose, eight drops to a \odot as the stomach can bear. Good in cases of cough, for an emetic, and for scrofulous affections.

I treated one case of an adult, in which a single drop of this preparation invariably operated as a powerful emetic, and caused temporary derangement of mind every time it was given, but was nevertheless attended with great benefit.

ANTI-SPASMODIC TINCTURE.

To a quart of alcohol, add one ounce each of cayenne, lobelia seed, myrrh and lady slipper. Keep it in a warm place and shake it often for six or eight days, when it will be fit for use. Dose, six drops to a \odot as the stomach can bear, in an infusion of anodyne or sudorific remedies. Good in spasmodic affections, and for female complaints. See Mothers Guide.

Or to a quart of proof spirits, add two ounces of lobelia herb, and one ounce each of blood root, cayenne and meadow cabbage, coarsely pulverised.

*Or to a quart of proof spirits, add one ounce each of blue sculcap, lobelia and meadow cabbage seeds, and half an ounce of cayenne, coarsely pulverised. These may be used as the above, and Dr. Davis assures me that the last, particularly, possesses superior efficacy in spasmodic affections.

ASTHMATIC TINCTURE.*

To half a pint of the best rum, add one ounce each of camphor and liquorice ball, two drachms of anise seed, and one drachm each of benzoin gum and opium. Keep it closely corked and shake it often for five or six days. when it will be fit for use. Dose, eight drops to half a \odot , or in urgent cases a \odot may be given. This is an invaluable remedy for asthma, phthisic, bleeding at the lungs, cough, and for toothache, for which hold some in the mouth a minute or two, and repeat if necessary.

BLACK DROPS.

Mix in a well glazed stone jar, two quarts of spirits of turpentine, and one pound of sulphur. Enclose the top

with a tight tin cover having a hole in the centre to give vent while heating. The jar may then be placed over a furnace or temporary arch out of doors, and the jar should be enclosed in sand or ashes and a fire kept up constantly until the sulphur is melted, which without close attention may require three or four days. Great care is required that the preparation does not take fire, and when the sulphur is all melted, it is fit for use. Dose, six to twelve drops in new milk. This is an invaluable preparation in cases of catarrh, female debility, obstructions of urine, pain in the breast or side, sore throat caused by cold, &c.

BLOOD ROOT TINCTURE.

To one quart of proof spirits, add three ounces of blood root coarsely pulverised. Dose, six to twelve drops.

CAMPHORATED SPIRITS.

Add an ounce of camphor to half a pint of fourth proof brandy. Dose, a few drops in cold water.

NORTH'S COUGH DROPS.*

To one quart of proof spirits, add two ounces each of black cohosh and blood root, and half an ounce each of lobelia and opium. Dose, from 8 drops to a \mathcal{O} as the case may require. Good in cases of cough generally.

COUGH DROPS.

After the anodyne tincture has been drained from the sediment in the can, add one gallon and a half of the antiscrofulous tincture, and shake it thoroughly and often for five or six days, when it may be allowed to settle for use. Dose, eight to thirty drops on sugar as occasion may require, especially at bed time. This is a valuable remedy for every description of cough.

COMPOUND TINCTURE.

To one ounce each of asthmatic tincture and mucilage of gum arabic, (gum arabic dissolved in water,) add half an ounce of lobelia tincture, and one fourth of an ounce each of blood root tincture and tincture of balsam tolu, (balsam tolu dissolved or cut in alcohol.) When taken, it should be well shaken together. Dose, one \mathcal{O} three times

a day. Good for a cough, and especially in cases of bronchitis, either acute or chronic.

DIURETIC DROPS. DR. BUNNELS.

To two ounces each of sweet oil and sweet spirits of nitre, add one ounce each of balsam copevia and spirits of turpentine. Dose, from $\frac{1}{2}$ to a \bigcirc in slippery elm or other mucilage. Good to relieve obstructions of urine, scalding of urine, glect, leucorrhœa, &c.

DIURETIC TINCTURE.

To one quart of gin, add two ounces each of garden parsley and milkweed roots coarsely pulverised.

Or, two ounces each of the berries and bark of the root of whortle berries.

Or, three ounces of the meats of pumpkin seeds or those of watermelon bruised: Good for obstructions of urine, &c.

EMETIC TINCTURE.

*To one quart of proof spirits, add two ounces each of blood root and lobelia herb. Dose from $\frac{1}{2}$ to a \bigcirc once in half an hour. At the same time make a free use of the infusions named in Class 12.

Or blood root, lobelia herb and meadow cabbage, equal parts. Use as above.

Or, to one quart of spirits, add two ounces each of indian physic and lobelia. Dose as above.

ERYSIPELAS TINCTURE.

To one quart of alcohol, add three ounces of swamp sassafras. If wanted for immediate use, keep it in a warm place a few hours. Good to bathe the part affected in cases of erysipelas.

FOXGLOVE TINCTURE.

To one quart of gin, add two ounces of foxglove leaves. Shake it often for six or eight days, when it may be compounded with blood root tincture equal parts, for diseased action of the heart, or used alone for dropsy. Dose in either case from 10 to 30 drops.

HEADACHE DROPS.

To one gallon of pure soft water, add half a pound of

the green roots of blue flag pounded fine, stir the whole together and strain immediately. Have every thing ready for straining before the roots are put into the water. To the gallon of water thus prepared, add a gallon of good spirits (brandy is best) and make it palatable with loaf sugar. Dose, one \bigcirc in the morning an hour before breakfast. With these drops alone, I have succeeded in curing many cases of nervous and sick head ache speedily, and some of the cases were the worst of the kind I ever knew.

NERVINE TINCTURE.*

To one quart of proof brandy, add four ounces of assæfætida. Shake it often for a few days when it will be fit for use. Dose, for fits in infancy and childhood, from four drops to half a \bigcirc , and for nervous irritation in adults, from six drops to a small \bigcirc in warm herb tea.

PUNGENT TINCTURE.

To one quart of alcohol, add three ounces each of cayenne and lobelia seed pounded fine. Shake often for five or six days, when it will be fit for use. Good in injections, liniments, &c.

RHEUMATIC FLIXIR. THOMPSON.

To one gallon of alcohol or fourth proof brandy, add one pound of myrrh, and one ounce each of cayenne and cloves. Shake it often for six or eight days, when it will be fit for use. Dose, $\frac{1}{2}$ to a \bigcirc

RHEUMATIC TINCTURE.

To one pint of best fourth proof brandy, add two ounces of black cohush, and after it has stood three or four days, add one pint of the juice of scone berries. Shake it frequently for a few days, when it will be fit for use. Dose, a \square , more or less as the patient can bear three or four times a day, especially at bed time. Good in rheumatic affections and painful menstruation.

Or to one quart of best rum, add one gill of mustard seed, and one ounce each of angelica, horse-radish and prickly ash berries, coarsely pulverised. Let it stand in a warm place and shake it often for a few days. Dose, $\frac{1}{2}$ \square or two before applying the rheumatic ointment or

liniments, when this is most convenient or efficacious.

STIMULATING ELIXIR.

To one gallon of alcohol, add two ounces each of ginseng, gum guaiac and pyrena roots, one ounce of cayenne, ginger and myrrh, and half an ounce of calamus, cinnamon, cloves and masterwort. Keep it in a warm place, closely corked, and shake it often for a few days, when it will be fit for use. Dose, from $\frac{1}{2}$ to a \circ as occasion may require, for pain or wind in the stomach, or to guard the stomach before applying liniments, fomenting applications &c., externally. An excellent medicine.

STIMULATING TINCTURE.

To one quart of alcohol, add two ounces of black cohosh, and one each of cayenne and cloves. Dose, from $\frac{1}{2}$ to a \circ or more. Good in rheumatic affections, and to guard the stomach, &c.

SWEET TINCTURE OF RHUBARB. THACHER.

To five half pints of alcohol, add two ounces each of loaf sugar and rhubarb, and one ounce each of anise seed and licorice root, coarsely pulverised. Shake it often for six or eight days, when it will be fit for use. This is a valuable laxative for debilitated patients. Good carminative and tonic.

VOLATILE TINCTURE.

To one quart of alcohol, add six ounces of gum guaiac, two of allspice, and three drachms of carbonate of soda. Shake it often for six or eight days, when it will be fit for use. Dose, a \circ or two in sweetened water, wine or sirup. Good in rheumatic affections and painful menstruation. See Mother's Guide.

INFUSIONS.

For Infusions, pound and sift through a meal sieve

ANODYNE INFUSION.*

Mix well together equal parts each of pleurisy root, py-

rena root, and red raspberry leaves. Smartweed may be substituted for either kind of the roots when they are not at hand, or the pleurisy root and raspberry leaves may be used alone. Infuse a \square or two in a pint of boiling water. This is an invaluable sweating remedy in cases of pain caused by taking cold.

ANTI-BILIOUS INFUSION.

Mix well together four ounces each of boneset and peppermint, two of sweet fern, and one of saffron. Infuse a \bigcirc to a \square in a pint of boiling water.

This may be used freely for bilious affection or acidity, or in weak preparation to stop vomiting. The alterative cleansing powders are frequently used to great advantage in connection with this medicine.

CANKER INFUSION.

Make a strong infusion of equal parts each of bramble bush, bark of the root, sage, and the bark of the root of witch hazle. Sweeten with honey, and gargle the mouth frequently with it.

CATHARTIC INFUSION.*

To half an ounce each of sage and senna, and a \bigcirc of ginger, add half a pint of boiling water. Infuse fifteen minutes, strain and sweeten with sale molasses. One half or the whole, as the case may require, may be taken at a time, and repeated in three or four hours if necessary to produce a cathartic operation. This is a valuable and cheap cathartic. Dr. Higbie recommends it particularly in cases of headache. Give it to children according to their age.

COUGH INFUSION.

Make a strong infusion of catnip, hyssop and maple lungwort, sweeten with loaf sugar or honey, and dissolve licorice ball in it at discretion. Administer as may be necessary. Good in deep seated affections of the lungs.

Or a strong infusion of catnip and hyssop sweetened with honey. This will also be more efficacious if a small quantity of licorice be dissolved in it.

INFUSION FOR CANCERS

Mix well together equal parts each of swamp sassafras, witch hazle root bark and yellow dock root, coarsely pulverised. Add a \square or two of this compound to a pint of boiling water, to be taken in the course of a day, and use other detergents alternately with this, three or four days each, in cases of cancers.

DETERGENT INFUSION.

Mix well together two ounces each of swamp sassafras and tag alder barks, and one ounce of sassafras bark. Infuse a \bigcirc to a \square in half a pint to a pint of boiling water, to be taken through the course of the day. Good to cleanse the blood from scrofulous and other humors.

DIURETIC INFUSION.

To a \bigcirc each of foxglove and spearmint, add half a pint of boiling water and cover it closely. Dose, one \square once in two hours. Used mostly for dropsy. For children add $\frac{1}{2}$ a \bigcirc to a gill. Dose, one \bigcirc once in two hours.

DR. HIGBIE'S FERRIFUGE INFUSION.

Mix well together coarsely pulverised equal parts each of blue sculcap, boneset, bugle weed, calamint, catnip, cuckold, pleurisy root, smartweed and white snake root. Infuse one ounce of this compound for half an hour in one pint of water not scalding hot. This infusion may be used freely in all cases which require sweating remedies, and febrile diseases generally, and to prepare the stomach for the operation of the emetic. It is also good in cases of cough, tightness of the lungs, pain in the chest, &c.

SUDORIFIC INFUSION.*

Mix well together four ounces each of peppermint, pleurisy root and smartweed, and half an ounce each of cayenne, lobelia herb and saffron. Infuse a \bigcirc to a \square in half a pint to a pint of boiling water. Good in all cases which require sweating remedies.

VEGETABLE ANTI-CONVULSIVE.

Mix well together four parts each of black cohush, ova ova and pleurisy root, and one part of bethroot. Infuse one \square in half a pint of boiling water, and administer one

third of a teacupful at a time, as occasion may require. Good in all spasmodic affections. It may be prepared weaker and used as a nervine.

LINIMENTS.

Liniments should be well shaken together before using or changing from one bottle or vial to another, as the parts of which they are composed separate by standing. They are to be applied externally to the seat of pain.

ANODYNE LINIMENT.

To one pint of alcohol, add one ounce each of the oil of hemlock, origanum, peppermint, and the pungent tincture, two ounces of spirits of turpentine, four ounces of soft animal oil, and eight of beef gall. Good for pain externally, rheumatism, tooth ache, &c.

DISCUTIENT LINIMENT.

To one pint of best alcohol, add two ounces of camphor, and $\frac{1}{2}$ an ounce each of lavender, origanum and peppermint oils, and when these are well blended, add twelve ounces of bittersweet ointment, and mix well together by shaking. Good for inflammations generally, and particularly of the breast.

GERMAN LINIMENT. DR. HIGBIE.

To one pint of alcohol, add two ounces each of British oil, camphor, fine castile soap, liquid opodeldoc, oil of spike and origanum oil. Good in rheumatism, bruises, sprains, swelled leg, &c.

NERVINE LINIMENT.*

To two ounces each of pungent tincture and spirits of turpentine, add one ounce each of the oils of hemlock and origanum, four of soft animal oil, and six of aqua of ammonia. Keep it closely corked and mix well when used.

Or to two ounces each of the pungent tincture and spirits of turpentine, add one ounce each of the oils of hemlock, origanum, peppermint and tansey, six of soft oil, and eight

of aqua of ammonia. Keep closely corked and mix well when used.

LOTIONS.

RHEUMATIC LOTIONS.

To one pint of fourth proof brandy, add one ounce each of camphor, the oil of organum, and the oil of spike. Mix well when used.

Or to half a pint of alcohol, add two ounces of the pungent tincture, and one ounce of camphor, and when dissolved add one ounce each of the oils of hemlock, tansey, white cedar and wormwood. Mix well when used.

Or to one quart of alcohol, add one ounce each of the oils of hemlock, tansey, white cedar and wormwood. Mix well when used.

DR. DAVIS'S RHEUMATIC LOTION.

To half a pint each of fourth proof brandy and spirits of turpentine, add one ounce of sal-ammoniac, and one $\frac{1}{2}$ of an ounce of camphor. Shake it thoroughly when used. Good externally applied in rheumatic affections, numbness or want of action in the extremities, burns, &c. The stomach should be well guarded before this is applied.

MEDICAL BEER.

ANTI-BILIOUS BEER.

Make a strong decoction of equal quantities by weight, all green or all dry, each of black cherry, boneset, dandelion, hops, prickley ash, sweet fern, tag alder, whitewood and wintergreen, to each gallon of which add one pint of molasses, and one gill, more or less of yeast. After fermentation ceases, bottle for use, or at least keep it closely

secluded from the air. Dose, a wine glass full, more or less as the patient can bear, three or four times a day.

CARMINATIVE BEER.

Make a strong infusion of angelica, burdock seed, cat foot, chamomile, ginger, hyssop, peony and wintergreen. For preparation and use, see anti-bilious beer.

COUGH BEER.

To three quarts of pure soft water, add one quart of wheat bran, and half a pint each of honey and tar, and simmer it gently for two or three hours in a well glazed stone jar, strain and when blood warm, add half a pint of yeast, and when the fermentation ceases, bottle for use. Dose, a \square or more as the patient can bear, three or four times a day. The slower fermentation is, the longer beer will keep without being stale.

DETERGENT BEER.

Make a strong decoction of burdock root, dandelion, hops, pipsisway, sarsaparilla, sassafras, sweet fern, tamarack and wintergreen. See anti-bilious beer for directions.

DIAPHORETIC BEER.

Make a strong decoction of betony, bittersweet, blue vervine or boneset, pleurisy root, prickly ash and snake head. For directions see anti-bilious beer.

DIURETIC BEER.

Make a strong infusion of adder tongue, brook lime, dwarf elder, hard root, knot grass, masterwort, motherwort and wintergreen. See anti-bilious beer.

LAXATIVE BEER.

Make a strong decoction of black cherry, dandelion, mullin roots, peach leaves, sweet elder bark and white ash. See anti-bilious beer.

SODA BEER.

To three or four \square of sweetened water, or an infusion of medicine, add $\frac{1}{4}$ of a \circ of tartaric acid, and when dissolved, add a little more than as much pure soda, stir it quick and drink it while in lively effervescence. Good to counteract acidity and keep the stomach in a healthy condition. Good also against bilious affections.

BEER FOR A PLEASANT DRINK.

Make a strong infusion of comfrey, hops, pipsisway, sarsaparilla, sassafras, sweet fern, wheat bran and winter-green. See anti-bilious beer for preparation.

Or add one gallon of boiling water to an ounce and a half of ginger, one ounce of cream of tartar, and one pound of loaf sugar in a well glazed earthen vessel.—When cool, add a \square of yeast, and after fermenting, skim and bottle for use.

SARSAPARILLA MEAD.

To one gallon of strong decoction of sarsaparilla, add seven pounds of brown sugar, scald and skim it, and add six ounces of tartaric acid. Dose, 4 \square s or more, to which add a small quantity of soda, sufficient to make a lively effervescence and drink it immediately. This is an excellent preparation to cleanse the stomach from acidity, &c., and to cleanse the blood from humors.

Medical Beers must be used for cases which require their medical qualities. Beer should be fermented in a full cask or jug, so that impurities may be thrown off while fermenting, and the bung or cork replaced as soon as fermentation ceases, so as to exclude the air; or it is better to put it into strong bottles closely corked and keep them in a cool place. A little experience will soon enable any good house wife to prepare for herself or family, such kind of beer as is best adapted to their necessities. Wheat bran and ginger may be used in any preparation of beer if agreeable.

OINTMENTS.

Ointments are soothing, healing, external applications.

DISCUTIENT OINTMENT.

To one pint of pure fresh butter oil, add half an ounce each of the oil of lavender or organum and the oil of spike, and one \circ each of bear oil and rattlesnake oil. Mix thor-

oughly until cold. Good for inflamed eyes, sore throat, quinsy, rheumatic affections, &c.

Or, dissolve an ounce of camphor in an ounce of sweet oil, add an equal quantity of bittersweet ointment and mix well. Good for sore throat, rheumatic affections, &c.

HERNIA OINTMENT.

To one pound of lard, add a single handful (about half an ounce,) each of low mallows, smooth plantain leaves, thyme and white poplar bark, all green. Simmer very slowly until the articles are crisped, and strain for use.

Or, fry eggs slowly until they are crisped, and catch the oil in another dish as fast as it separates from the eggs. No oily substance should be added to the eggs when fried. Bathe the part over the orifice twice a day, heat it in with a hot iron, and keep the breach free from irritation, by a truss. These are said to be never failing remedies in all curable cases of rupture.

ITCH OINTMENT.

To two table spoonfulls of fresh butter and one of tar, add one \square each of allspice and ginger, and one \circ each of black pepper, sulphur and spirits of turpentine, the substances all finely pulverised and the whole simmered together and well mixed. Good for the itch and inveterate old sores.

Or simmer yellow dock roots, in sweet cream, to an oil; to each gill of which add one \circ of spirits of turpentine and mix well. Good for the itch.

NARCOTIC CANCER OINTMENT.

To equal quantities of bittersweet and the leaves of cicuta, deadly night shade, house leek and thorn apple, add enough of fresh butter to cover the articles in a deep iron vessel, simmer slowly until they are crisped, and strain the ointment for use. Good for cancers either in the scirrhus or ulcerated state.

NARCOTIC SPRAIN OINTMENT.

Make an extract of equal quantities each of cicuta leaves, knot grass, mayweed and tobacco, all green, and

equal to which add an equal quantity of lard and simmer the water out. Good for sprains, windgalls, &c. on horses.

NERVE OINTMENT. THOMPSON'S.

To two parts of bittersweet and one each of chamomile, and wormwood herbs, add a sufficient quantity of fresh butter to cover them, in a deep iron vessel, simmer slowly until they are crisped and strain for use; and add one ounce of spirits of turpentine to each pint of the ointment. Good for bruises, calices, contracted cords, sprains, &c.

RHEUMATIC OINTMENT.

To half a pint of fresh beef's gall, add one gill of skunk oil, half a gill each of spirits of turpentine and best rum, two \square s of neat's foot oil, and one \square of rattlesnake oil. Simmer over gentle heat and stir often for half an hour, when it will be fit for use. Bathe the affected part two or three times a day and heat it in by the fire, after guarding the stomach. See rheumatic tinctures, stimulating bitters, stimulating elixir, &c.

SALT RHEUM OINTMENT.

To three half pints of pure soft water, add one pound each of brook lime green, lard and tar, and simmer moderately until the herbs are crisped and strain for use. Apply it to the part affected two or three times a day. Wash the part affected frequently in a strong infusion of brook lime, and take the same for a constant drink.

SCALD HEAD OINTMENT.

The pure oil of fresh butter made a little yellow with muriatic acid. Stir it constantly while pouring in the acid. Apply cautiously.

Or, currier's oil may be used for the same purpose without the acid. Apply each at least once a day until the cure is effected.

SCARETS OINTMENT.

To one pint of currier's oil, add one ounce of verdigris, and grind them well together on a paint stone. Then add two ounces of spirits of turpentine, and a \square of finely pulverised salt, and mix well together. A few applications

of this ointment to inveterate old sores soon disposes them to heal, when other ointments or salves may be applied.

SIMPLES.

The following may be prepared separately in a deep iron vessel, with fresh butter or soft animal oil sufficient to cover them and simmered slowly until they are crisped, then strain and preserve closely corked.

Bittersweet—Discutient and healing. Good for inflammation, cancers, &c.

House leek—Cooling and healing. Good for inflammation, sore eyes, &c.

Pilewort—Discutient and healing in case of piles.

Spotted Plantain—Cooling and healing in scrofulous ulcers.

Sweet Clover—Cooling and healing. Good for inflamed eyes, &c.

Thorn apple leaves—Good for burns, scirrhus cancer, piles, &c.

Water green—Cooling and healing. Superior for burns, piles, &c.

White Hellebore—Healing and discutient. Good for the itch and other eruptions. Use cautiously.

White pond lily blossoms—for inflamed eyes, piles, &c.

Wild Indigo—Good in scirrhus cancers, mortifying ulcers, &c.

Yellow Dock—Good for cancers, itch and other humors.

PILLS.

ANTI-BILIOUS PILLS.*

Mix well together finely pulverised, two pounds each of gamboge and mandrake, and one pound each of blood root and lobelia herb, moisten with warm molasses and make into common size pills. Dose, one to eight at bed time, and one or more in the morning if necessary. Four is a common dose for a man, and three for a woman. They

operate without pain, while they cleanse the stomach and bowels, and invigorate the system. Twenty two or three years ago I paid Dr. Bunnell eight dollars for this recipe, and never considered the bargain a poor one.

*CATHARTIC PILLS.

Mix well together finely pulverised, one pound each of aloes and mandrake, half a pound each of castile soap, gamboge, jallap and rhubarb, and two ounces each of cayenne, cloves and saffron, moisten with butternut extract and make common size pills. Dose, from two to eight at bed time.

Or, mix well together finely pulverised, one pound of socotrine aloes, four ounces each of blood root and jallap, and two ounces each of cloves and saffron, moisten with molasses and make common size pills. Dose, four or five at bed time.

Or, mix well together finely pulverised, one pound of gamboge, half a pound each of aloes and castile soap, four ounces each of blood root, mandrake and myrrh, and two ounces each of camphor and cayenne, moisten with molasses and make common size pills. Dose as above.

ANTI-DYSPEPTIC PILLS.

Make a thick extract of one peck each of butternut root bark and dandelion roots, and half a pound of gentian, and thicken it with finely pulverised powders of cayenne, cloves and saffron, equal parts well mixed, and make common size pills. Dose, two to eight at bed time; or, they may be taken in smaller doses for a number of nights in succession, so as to move the bowels gently.

ANTI-DYSENTERIC PILLS.*

Mix well together finely pulverised, two ounces each of blood root, castile soap and rhubarb, and one of opium, moisten with molasses, add a few drops of peppermint oil and make it into pills not to exceed one third of the common size. Dose, for an infant $\frac{1}{4}$ to half a pill, in childhood $\frac{1}{2}$ to a whole pill, and for an adult from one to two pills at intervals from one to eight hours. These pills are invaluable in cases of relax or dysentery.

ASTHMATIC PILLS.

The extract of smartweed made into pills of common size, by adding lobelia herb and meadow cabbage, equal parts, finely pulverised and well mixed. Dose, two to four. These pills may be taken once or twice a day for a considerable length of time, and are of great value for asthmatic patients.

DR. DAVIS'S STOMACHIC PILLS.

To a thick extract of poplar (either kind) and white-wood barks in equal quantities, add cayenne and lobelia herb finely pulverised well mixed, and make common size pills. Dose, from half of one to a whole pill or two, half an hour before each meal, and for distress from food, the same quantity after each meal. They prevent distress from food and gradually cleanse and regulate the stomach in cases of indigestion. Excellent in cases of dyspepsia.

GALL PILLS.

Put any quantity of beef gall on new tin or pewter, dry it half away in the sun, or by torrefaction, then add $\frac{1}{4}$ as much of peppermint oil, thicken with finely pulverised loaf sugar and rhubarb equal quantities, and make common size pills. Dose, one to six, half an hour before meals three times a day. Good in costiveness, dyspepsia, &c.

HYDRAGOGUE CATHARTIC PILLS.

Absorb two drops of croton oil in a small piece or crum of bread and make it into four pills. Dose, one pill once an hour until a cathartic operation is produced. Good in dropsy, and cases which require immediate action.

Or, to two grains by weight of eleterium, add molasses sufficient to moisten, and make four pills of equal size, and administer one, once an hour or two, until a cathartic operation is produced, if the patient can bear its nauseating effect. One at bed time may be sufficient.

Dr. Look recommends that the eleterium be made into pills containing only $\frac{1}{4}$ of a grain, and for a common dose give two as above directed, or at intervals of two or three or even four days, as the symptoms appear to require, and reduce the quantity to half a pill if necessary. When

used in small doses, it should be given with other cathartics.

As there are different preparations of the cletarium, of different strength, the greatest care will be required to select and use this medicine with safety and success.

LAXATIVE ANTI-BILIOUS PILLS.

Make a thick extract of dandelion, thicken it with the detergent laxative powders, and make common size pills. Dose, one to six, between meals twice a day. Good in affections of the liver, jaundice, &c.

OPIUM PILLS.

These should not exceed three grains by weight of moist opium, and never be employed except when absolutely necessary in cases of pain.

PLASTERS.

ANODYNE PLASTER.

To one pound of gum galbanum, add one ounce of opium, and half an ounce each of camphor, the oil of rosemary and sassafras oil. Pound the whole together until well blended, when it may be spread even on thin soft leather. It is a superior remedy for bearing down pains, prolapsus uteri, and for debility of the back, side, &c.

BLACK STRENGTHENING PLASTER.

Boil one pint of tar nearly thick enough for shoemakers wax, then add one ounce each of beeswax and rosin, and when a little more than blood warm, add one ounce of pulverised camphor and mix well. Spread even on thin soft leather or loaf sugar paper and apply warm. Good for debility, and, for pain and soreness externally.

Or, add one ounce each of bittersweet, house leek, sweet clover, thorn apple leaves and wild indigo, to two quarts of best cider vinegar, in a well glazed earthen vessel and keep it in a warm place until the vinegar has one half evaporated; then strain and add one quart of linseed

oil and half a pound of red lead. Simmer over a gentle heat and stir it constantly until it is sufficiently hard for a plaster, which may be known by dropping a drop or two on a smooth board to cool. When partly cool, add one ounce and a half of pulverised camphor, mix well, pour it into cold water and work it by pulling and doubling until it becomes smooth.

Or, to one pint each of sweet oil and vinegar, add two ounces of castile soap, simmer them well together, add four ounces each of red and white lead, continue to simmer and stir constantly until it turns a chocolate color, then remove it from the fire, continue to stir it as before and when partly cool, add one ounce and a half of fine camphor, mix well and work it as above directed. These are recommended for inflammation, pain, &c.

DR. HIGBIE'S BLACK PLASTER.

Melt together one pint of olive oil, and half an ounce each of beeswax and rosin, and when nearly boiling hot, stir in six ounces of red lead finely pulverised; continue the heat and stir constantly until the compound becomes of a dark brown or black color; then remove it from the fire and when nearly cold add one O of fine camphor, and mix well by stirring. This should be spread even on thin soft leather. Good for cancers, scrofulous tumors, and for sores generally.

CAUSTIC CANCER PLASTERS.

To salts made of the inside bark of black ash, add an equal quantity of pulverised scoke root. Moisten with water, if necessary, to a proper consistency.

Or, to a similar preparation from hickory ashes, add pulverised yellow dock root to form a plaster.

These must be kept secure from the air and applied as a plaster.

Dr. Higbie's Cancer Caustic.—To three ounces of pure soft water, add one ounce of green wild turnip bruised fine, and half an ounce of corrosive sublimate pulverised. Keep it in a warm place and shake it often for a few days, then strain and it will be fit for use. Apply this every

morning and evening around the edge of the cancer with a feather, wear the black plaster on the tumor, and, apply the mineral wash over the whole cancer once or twice a week. After the cancer is removed apply the mineral wash several times a day and keep the sore shielded from the air with the black plaster, until it is perfectly sound.

While pursuing the above or any other treatment for cancers, the infusion for cancers or other detergents must be used constantly. This course, Dr. Higbie assures me will cure most cases of cancers. See cancers.

Dr. Tenant's Cancer Caustic.—To one bushel of yellow ash, and half a bushel of bayberry bark, add one pound of rne and burn them to ashes in a clean kettle; leach the ashes carefully with one gallon of pure soft water, and to the lye add one pound of stone lime and four ounces of finely pulverised dragons tooth (found under the wild turnip) and boil down as thick as it can be applied with the top end of a goose quill.

This, says the Dr. "is the best remedy for cancers ever discovered," and adds, "please try it, you who are afflicted with cancer, and you will find that the fields of nature affords the means to save you many an hour of pain.

GALL PLASTER.

Hog's gall absorbed in white writing paper carefully dried and laid away for use is very healing. Cut a piece the size of the sore, moisten and apply.

MUSTARD PLASTER.

Make common paste by adling a sufficient quantity of flour to a gill of water, and after it has been thoroughly cooked and spread, sprinkle it over with more or less pulverised mustard seed. This plaster is advantageously employed to remove pain locally seated; or, in case of excessive vomiting apply it over the pit of the stomach. It may be kept on until considerable redness is produced

RHEUMATIC PLASTER.

Melt together equal parts each of roll brimstone and white pine turpentine, and if necessary, add animal oil

sufficient to form a plaster of proper consistency. Apply to the soles of the feet.

Dr. Iligbie recommends the following. Melt together one pound each of rosin and sulphur, add two ounces of cayenne, and while cooling, add one ounce of fine camphor and mix well. Apply to the part affected. These should be spread even on thin soft leather.

RUPTURE PLASTER.

A thick extract of white oak bark spread even on firm, soft leather, should be worn over the orifice under a truss while using the rupture ointment, until a cure is effected.

STRENGTHENING PLASTER.*

Melt together nine ounces of rosin, one ounce and a half of beeswax, one of mutton tallow, and half an ounce of balsam of fir or white pine turpentine. After it is well blended, pour it into water and pull and double until white and even. This is superior to most strengthening plasters, and is also healing. All plasters should be spread even on thin soft leather or loaf sugar paper.

WHITLOW PLASTER.

Work together into a plaster equal parts each of hard soap, salt, and spirits of turpentine. This should be bound to the affected part with linen cloth and kept moist with spirits of turpentine.

Or simmer together equal parts each of salt, soft soap and tobacco, (fine cut.)

POWDERS.

ALTERATIVE CLEANSING POWDERS.*

Mix well together finely pulverised, two parts each of mandrake and meadow cabbage, and one part each of angelica or masterwort, blood root and lobelia herb. Dose, from a quantity the size of a wheat corn to $\frac{1}{2}$ a \bigcirc as the stomach and bowels can bear between meals and at bed time. These powders should not be given in quantities

sufficient to have their nauseating effect last to exceed ten or fifteen minnues after each dose. They may be taken in herb tea, cold water, or in honey or molasses.

For a cough, add $\frac{1}{2}$ a \bigcirc of these powders to two or three \square s of honey or molasses, and a \bigcirc or two of brandy. Mix well and take a little at a time, frequently. No family should be without these powders, constantly.

ALTERATIVE DETERGENT POWDERS.

These powders consist exclusively of finely pulverised mandrake root, and are invaluable for cleansing the blood from humors, if used so as to effect the stomach or bowels only in a slight degree. Dose, from $\frac{1}{32}$ part to $\frac{1}{2}$ a \bigcirc in cold water or detergent infusion three or four times a day. For children, a quantity the size of a wheat corn or two will be sufficient, and for infants much less.

ANTI-CATHARTIC POWDERS.

Mix well together finely pulverised, one part each of allspice and alum root. Dose, one $\frac{1}{2}$ to a \bigcirc or two. Good to check the excessive operation of physic, and may be repeated when necessary. The anodyne drops or anodyne uncture should be added in cases of pain.

ANODYNE POWDERS.

Mix well together finely pulverised, two ounces each of camphor, cream of tartar, ginger, pleurisy root and pyrena root, one ounce of blood root, and half an ounce of opium. Dose, from a $\frac{1}{16}$ to $\frac{1}{2}$ a \bigcirc as the patient can bear once in four to eight hours. Good in all cases of pain, where sweating remedies are required.

ANODYNE COUGH POWDERS.

Mix well together two parts each of finely pulverised blood root and cayenne, and one part of opium. These produce an expectorating, soothing and stimulating effect. Dose, a quantity the size of a wheat corn, or more as the case may require.

CATHARTIC POWDERS.*

Mix well together finely pulverised, one pound of sen-na, half a pound each of blue flag and jallap, and two ounces each of cloves and peppermint. Dose, one $\frac{1}{2}$ to a \bigcirc

or two, in water, sweetened if preferred. Good in all cases which require cathartic remedies.

CANKER POWDERS.*

Mix well together finely pulverised, four ounces of wild turnip, three of golden seal, and two each of blood root and lobelia. Add one $\frac{1}{2}$ a \bigcirc of this powder to one gill of boiling water, sweeten with honey and rinse the mouth frequently with it, and for canker in the stomach swallow some.

COLIC POWDER.*

Mix well together finely pulverised, two parts of colic root, and one each of angelica or masterwort, and prickley ash berries. Dose, one $\frac{1}{2}$ to a \bigcirc in hot water sweetened. Add also a dose of anodyne tincture. If this does not give relief in fifteen minutes, repeat the dose.

WARMING COMPOSITION POWDERS.

Mix well together finely pulverised, one pound of bayberry, half a pound each of ginger and pleurisy root, and one ounce each of cayenne and cloves. Dose, $\frac{1}{2}$ to a \bigcirc in warm water sweetened. Good in cases of dysentery, relax, pain in the stomach or bowels, and for obstructions caused by taking cold.

COUGH POWDER.

Mix well together finely pulverised, two parts each of meadow cabbage, prickley ash berries and smartweed, and one part each of black cohosh, blood root and lobelia herb. Dose, $\frac{1}{16}$ to $\frac{1}{2}$ a \bigcirc at bed time in warm herb tea.

DETERGENT CATHARTIC POWDERS.

Mix well together equal parts of blue flag, cream of tartar and mandrake finely pulverised. Dose, one \bigcirc or two in molasses. Good as a common cathartic and in dropsies.

DETERGENT LAXATIVE POWDERS.

Mix well together finely pulverised, three parts each of blood root, blue flag, mandrake and meadow cabbage, and one part of blue violet. Dose, $\frac{1}{4}$ a \bigcirc more or less, as the stomach can bear. Good to cleanse the blood, and for headache, &c.

EMETIC POWDERS.*

Mix well together finely pulverised, three parts of lobelia seed, and one of meadow cabbage. Dose, $\frac{1}{2}$ to a \bigcirc or more if necessary. For further directions see page 73.

*Or, one part each of blood root, ipecac, lobelia seed and meadow cabbage finely pulverised. Dose, $\frac{1}{2}$ to a \bigcirc or more if necessary. These powders may be added to some of the infusions named on page 73, for that purpose, and steeped fifteen or twenty minutes, and then strain, sweeten and add peppermint or other essence to make it palatable. One $\frac{1}{4}$ of this may be taken once in five to ten minutes after preparing the stomach as directed on page 73.

The first preparation should always be preferred in cases of great debility, especially if the bowels cannot bear active cathartics. The emetic tincture should be preferred for cases of croup.

FEVER POWDERS.*

Anti-Bilious Fever Powders.—Mix well together finely pulverised, two parts of mandrake, and one each of blood root and cayenne. These powders are exceedingly valuable, and especially in the low stage of fevers, if given so as to nauseate the stomach for a short time after each dose. Dose, $\frac{1}{3}$ part to $\frac{1}{4}$ of a \bigcirc once in two to four hours.

*Or, mix well together finely pulverised, three parts each of mandrake and wild turnip, and one part each of blood root, lobelia herb and pleurisy root. A quantity of these powders half the size of a wheat corn or more, is a superior preparation for worrisome infants. The quantity should be increased according to age, as the stomach can bear, and given once in two to four hours. Good in all cases of fever.

Or, the gall of the rattlesnake absorbed in pulverised chalk. Dose, the size of a wheat corn or two, once in four to six hours. It should be shaved or grated fine when used.

Weston's Fever Powders are composed of three parts,

of finely pulverised lobelia seed, two of blood root, and one each of camphor and myrrh, well mixed. Dose, as the stomach can bear as above directed.

Fever Powders, like all other medicines, must be administered at longer or shorter intervals according to the symptoms.

DR. GILPIN'S CATHARTIC POWDERS.

Four parts each of blue violet and mandrake, and one part of lobelia herb, finely pulverised and well mixed. Dose, one \mathcal{O} . This is said to have been the doctor's main dependence in bilious colic.

LAXATIVE POWDERS.

Mix well together four ounces each of magnesia and rhubarb, and two each of ginger and super carbonate of soda all in fine powders. Dose, $\frac{1}{2}$ to a \mathcal{O} in molasses at bed time.

*Or, equal parts of rhubarb and soda, or salætatus. Take a small \mathcal{O} in a little cold water every morning.

NERVE POWDERS.

Anodyne and Tonic Nerve Powder.—Mix well together two parts of lady slipper, and one part each of angelica, colic root and ginseng. Good in cases of general and nervous debility. See also class 20.

Anti-Dyspeptic Nerve Powders—Mix well together one part each of blue flag and meadow cabbage roots finely pulverised. Good in dyspepsia, attended with distress after meals, nervous debility, &c.

Astringent and Tonic Nerve Powder.—Mix well together finely pulverised equal parts each of alum root, colic root and evans root. Good in nervous debility, particularly for females. See Mother's Guide.

Sedative Nerve Powders.—Mix well together finely pulverised, two parts of meadow cabbage root, and one part of pleurisy root. The meadow cabbage may be used alone when the other is not at hand. Nerve powders should usually be taken at bed time, but may be taken at any time when necessary to quiet and strengthen the nerves. Dose, of either kind from $\frac{1}{2}$ to $\frac{3}{4}$ of a \mathcal{O} in warm water or herb tea.

DR. HIGBIE'S TONIC POWDERS.

Mix well together finely pulverised, four ounces each of loaf sugar and white poplar bark, two ounces each of black snake root and rhubarb, and a large \bigcirc of cayenne. Dose, one \bigcirc in hot water or herb tea before meals. Good in cases of dyspepsia, water brash, weakness of the stomach, want of appetite, obstructions of the liver, and for cold hands and feet.

TOOTH POWDERS.

Mix well together finely pulverised, equal parts each of bayberry and charcoal; and rub the teeth thoroughly with it after each meal, or more especially every morning. If one $\frac{1}{2}$ to $\frac{1}{4}$ a \bigcirc of this powder be taken two or three times a day it will remove the cause of offensive breath.

For tooth powders, Dr. Higbie recommends two parts each of bayberry and pumice stone, and one part of myrrh pulverised and well mixed. This is used only as an application to the teeth as above directed.

DR. WARD'S ANTI-DYSENTERIC POWDERS.

Mix well together finely pulverised, four ounces of loaf sugar, and one ounce each of allspice, cinnamon, rhubarb, and salæratuſ. Dose, one $\frac{1}{4}$ to a \bigcirc as the case may require; or, add half a pint of boiling water to a \square or two of this compound, and let it stand in a warm place fifteen or twenty minutes, and after it settles clear, administer a \bigcirc once in twenty or thirty minutes, until relief be obtained, after which this or the anti-dysenteric pills should be administered two or three times a day until a cure is effected. Good in all cases of diarrhœa or dysentery. In chronic cases add two \square s of brandy to the infusion.

URINARY POWDERS.

Mix well together finely pulverised, equal parts each of loaf sugar and rosin. Dose, one \bigcirc at bed time for a few nights in succession.

VERMIFUGE POWDERS.*

Mix well together finely pulverised, equal parts each of bogvein, gentian, Indian hemp, and oak of Jerusalem.

Dose, $\frac{1}{2}$ to a O according to age, in molasses at bed time and between meals.

While using these powders, a cathartic dose of mandrake should be given once in four or five days. Other cathartics may be used when these are not at hand.

YELLOW CATHARTIC POWDERS.

Mix well together four parts of gamboge, two parts each of aloes, indian physic and myrrh, and one part each of camphor, cayenne, cream of tartar and mandrake. Dose, $\frac{1}{2}$ to a O at bed time and in the morning if necessary.

As this is exceedingly powerful, it must be cautiously employed. It is particularly valuable as a hydragogue cathartic.

SALVES.

DRAWING SALVE.*

Melt together over a gentle heat, two parts of mutton tallow, and one part each of beeswax and marrow of hogs jaw. This may be spread even on thick linen cloth and applied to the part affected. Good for ague in the breast or face, and for piles, &c.

EASING SALVE.

Simmer together for forty-eight hours over a gentle heat, equal parts each of lard and rosin. Be careful that it does not scorch while heating. This salve possesses superior soothing and healing properties.

EYE SALVE.

To any quantity of the easing salve, add a sufficient quantity of sweet cream to make as much oil as there is of the salve, and simmer it until the watery part has evaporated and strain for use. This salve should be kept closely corked and may be applied to the eye balls or eye lids, and is of great value in many cases of diseased eyes.

HEALING SALVE.*

Melt together one pound each of bees-wax, mutton tal-

low and rosin, and one pint of raw linseed oil. Good for inflammation and is very healing. Good for piles.

Or, to one pint of sharp vinegar in a well glazed earthen vessel, add two ounces of good fine cut tobacco, and keep it in a moderate heat three or four hours, then strain and add two ounces each of bees-wax, lard and rosin. Melt together and let the watery part evaporate in moderate heat. Cleansing and healing.

Or, boil three ounces of good tobacco in one quart of pure soft water until the strength is out, strain and add one quart of soft animal oil, and, after simmering the water out add eight ounces of rosin, four of bees-wax, and while cooling, add four ounces of finely pulverised camphor and mix well. Good for inflammation and is cleansing and healing.

Or, simmer together for six hours without scorching, equal quantities each of bees-wax, lard and rosin.

Or, simmer and stir often for four hours over a gentle heat, six ounces of rosin, and two ounces each of bees-wax and fresh butter, and while cooling add an ounce of balsam of fir. Mix well. Healing.

GREEN SALVE.

Simmer in lard a sufficient quantity of fresh water green, until it is crisped, to make an ointment of a handsome green color. This I am credibly informed, is a salve of great value for burns, inflamed eyes, and for the piles.

SIMPLES FOR INDOLENT ULCERS.

Beat a sufficient quantity of fine salt with the yolk of a hen's egg to form a salve or plaster. Good application to indolent sores, cancers, &c.

The extract of blood beet is highly recommended for indolent sores. It is said to be very severe at first, but soon ceases to afflict.

The inspissated juice of blood root, is highly recommended for rose cancers, and is said to be a superior remedy for fungus flesh.

The inspissated juice of scoke berries or of the leaves, is highly extolled for cancers and other foul ulcers.

The inspissated juice of the wood sorrel, is recommended for the same purpose.

An extract of wild indigo made into salve, by adding an equal quantity each of bees-wax, and deer or mutton tallow, and simmer the water out, is good for cancers and foul or mortifying ulcers.

The juices should be inspissated on pewter or new tin in the heat of the sun, or otherwise by a steady gentle heat.

SIRUPS.

Medicines for Sirups should be dried and bruised, or coarsely pulverised.

ALTERATIVE DETERGENT SIRUP.

To three ounces each of blue flag, guaiac chips and sarsaparilla, one ounce of prickley ash, half an ounce of liquorice ball and sassafras, and half a \bigcirc of thorn apple seeds, add one gallon of pure soft water, boil gently or simmer to one quart and strain. Add two quarts more of water, simmer again to one quart and strain this with the other decoction, to which add one pint of sale molasses and simmer to one quart. Dose, one \bigcirc to a \square or more as the patient can bear. Should this medicine affect the eyes by dilating the pupil or otherwise, it should be discontinued while other detergents are used for a few days.

ANTI-DYSPEPTIC AND TONIC SIRUP.

To one quart of rum, add two ounces of ginger, and one ounce each of aloes, anise seed, golden seal, liquorice ball, orange peel and rhubarb. Keep it in a warm place and shake it often for six or eight days; then add one quart of pure soft water and two pounds of loaf sugar.

Or, to two quarts of rum, add two ounces of ginger, and one ounce each of anise seed, golden seal, Indian physic, orange peel and rhubarb. Keep it in a warm place and

shake it often for six or eight days, then strain and add one pint of pure soft water to the dregs and strain it in with the spirits, and then add two or three pounds of loaf sugar and mix well. Dose, one \square or more as the stomach can bear before meals three times a day. Good in cases of dyspepsia, general debility, &c.

ANTI-BILIOUS AND RESTORATIVE SIRUP.

Make an extract of equal quantities each of boneset, dandelion, smartweed, white ash and whitewood, to each quart of which add half a pint or more of spirits, and a pound or more of loaf sugar. Dose, one \square more or less as the stomach and system can bear, before meals. Good in bilious complaints and particularly as a restorative.

ANTI-BILIOUS SIRUP.

Make a strong decoction of dandelion, hops and white-ash, to each quart of which add half a pint each of spirits and molasses. Dose, a \square or two between meals. Good after cleansing the stomach and bowels in bilious complaints.

BUCK'S STRENGTHENING SIRUP.

To one pint of the best brandy, add two ounces of cinnamon, one of cloves, and one nutmeg, shake it often for three or four days and add one pint of pure soft water in which one pound of loaf sugar has been dissolved. Dose, one \square more or less an hour before meals.

CANKER SIRUP.

Add one quart of boiling water to two ounces of blue flag root and simmer to one pint, strain and add one pint of sale molasses and simmer to three half pints. Dose, one \bigcirc to a \square half an hour before meals. Good in cases of canker and to regulate the bowels in costiveness.

COMPOUND SIRUP OF WA-AHOO.

Make an extract of wa-ahoo root bark two parts, and one part each of boneset, hoarhound, pipsisway and smartweed, add an equal quantity of honey, scald and skim it when it will be ready for use. Dose, one \bigcirc to a \square or more. Good in affections of the lungs, and to remove costiveness.

COUGH SIRUPS.

To two quarts of water, add one pound of meadow cabbage, and half a pound of wild turnip, both green and well cleansed, and half an ounce each of catnip and hoarhound herbs dry and stripped from the stalks, simmer to one pint, strain and add two pounds of honey, scald and skim it, and when cool add half a pint of gin or rum. Dose, one \bigcirc to a \square night and morning.

Or, slice a large onion into one gill each of honey or molasses, spirits and vinegar, and simmer until the onion is cooked. Dose, one \bigcirc as the case may require.

Or, add two ounces of meadow cabbage and one of wild turnip coarsely pulverised, to one quart of boiling water, simmer to a pint, strain and add slippery elm bark finely pulverised, sufficient to form a mucilage, to which add one pound of honey, an ounce each of anti-scorfulous tincture and tincture of blood root, and make the whole palatably sour with the lemon conserve. Dose, a \bigcirc or more as the case may require.

Or, to one \square and a half of crawley root, add two gills of boiling water and one gill of vinegar, simmer to half a pint, strain and add one gill of honey or its equivalent in loaf sugar. Dose, one \bigcirc or more, as occasion may require.

Or, simmer together for three or four hours in a well glazed earthen vessel, one pint of old rum and one pound of loaf sugar. Dose, one \bigcirc or more as the case may require. This is particularly for chronic cough.

Or, add to one quart of boiling water, half an ounce each of gum arabic, hoarhound and liquorice ball, simmer slowly until the gum is dissolved, strain and add one pint of honey or molasses, and simmer to three half pints. Dose, one \bigcirc or more as the case may require.

DETERGENT SIRUP.

To three quarts of the saw dust or chips of the heart of iron wood, add three gallons of pure soft water, boil gently or simmer half away, strain and add to the decoction a handful each of burdock root, gentian and sarsaparilla, and after simmering to two quarts, strain and add one

quart of gin. Dose, one \bigcirc to a wine glass full, as the stomach can bear, an hour before meals, three times a day. Good to cleanse the blood from humors in cases of fever sore, &c. For a fever sore, while taking the above, use the following wash. Add a \square of fine verdigris to one quart of sharp vinegar, and bathe the affected part with it three or four times a day.

DIURETIC SIRUP.

Make a strong decoction of equal parts each of dwarf elder, milkweed, queen of the meadow and rush, or of queen of the meadow, scotch cap leaves, whortleberries and wintergreen, or of whortleberries and the bark of the root of the bush and wintergreen, to each quart of either add three gills of best gin and make them palatable with loaf sugar.

EXPECTORANT AND TONIC SIRUP.

Simmer the strength out of one ounce each of bayberry, comfrey, hyssop, white pine and white wood barks, and one fourth of an ounce of blood root, strain and simmer to one pint, to which add one pound of loaf sugar, half a pint of best gin, and one ounce of pulverised peach pitts.—Dose, one to four \square s as the patient can bear three or four times a day. Good in cases of debility attended with a cough.

Or, mix well together coarsely pulverised half a pound each of bittersweet, boneset, bugle weed, chamomile, white poplar root bark and wormwood, and one ounce of cayenne. Add three ounces of this compound to one quart of boiling water, simmer slowly to one pint, strain and add half a pint of brandy, and make it palatable with loaf sugar. Dose, a \square to a \square or more as the patient can bear before meals. Good in cases of diarrhœa or dysentery, indigestion, bilious affections, a low state of the blood and for pain in the chest, &c., &c.

POPPY SIRUP.

Add one pound of the capsules of poppies to six quarts of water, boil to two quarts, strain through a thick linen cloth and press out all the juice; then simmer the decoction

tion to one pint, strain again while hot and let it stand twelve hours to settle. Then simmer the clear liquor to half a pint and add all the loaf sugar that will dissolve. This is a valuable preparation especially for children, and possesses less of the narcotic properties of the poppy than any preparation of opium equally anodyne. Dose, in infancy and childhood from a few drops to $\frac{1}{2}$ a \bigcirc , and for an adult from a \bigcirc to a \square or two may sometimes be employed. This sirup should be kept in a cool place to prevent fermentation.

RESTORATIVE SIRUP. THOMPSON.

To two quarts boiling water, add four ounces each of bayberry and poplar birks, simmer to one quart, strain and add one quart best brandy, a pound and a half of loaf sugar, and two ounces of peach pits or the meats of cherry stones pounded fine. Mix well. Dose, one to four \square s three or four times a day as the case may require. A good restorative for female debility and for cases of dysentery, relax, &c.

Or, add one pound and a half of peach pits, and four ounces of myrrh pounded fine, to two quarts of best brandy, and shake it often six or eight days when it may be added to a decoction prepared by adding eight ounces each of alum root, bayberry and chamomile, to two gallons of boiling water, simmer slowly to one gallon, press out the infusion to which add the tincture and strain as before, and make it palatable with loaf sugar. Dose, one \bigcirc to a \square or more before meals. Good in all cases of debility, and especially female debility, faintness, &c. Dr. Higbie.

DR. HIGBIE'S HEALTH RESTORATIVE SIRUP.

To two gallons of pure water, add four ounces of angelica, bittersweet, boneset, chamomile, clivers, and yellow dock, and simmer slowly to one gallon, press out the infusion, add to it one quart of sale molasses, four ounces of buttermilk extract, and simmer to three quarts. When cool add one quart of best brandy, gin or rum, and four ounces each of cayenne, golden seal, Indian physic and lady slipper, finely pulverised. Let it stand in a warm place and

shake it often for eight or ten days when it may stand and settle for use. Dose, one \square less or more as the case may require, so as to move the bowels gently, and a quantity sufficient to operate as a cathartic may be safely administered. Good in cases of debility, indigestion and costiveness, and to promote the appetite.

RHEUMATIC SIRUP.

Make one quart of extract, of one peck of tamarack bark, and one pound each of black cohosh and meadow cabbage, all fresh, and add to it one pint of best fourth proof brandy, and two pounds of loaf sugar. Dose, a \square or more as the patient can bear. While using this, physie often.

RHUBARB SIRUP.

To one quart of water, add one ounce of rhubarb, and two drachms each of cinnamon and super carbonate of soda, simmer to one pint, strain and sweeten with loaf sugar. Half a pint of best brandy may be added, when this is to be used in the absence of fever or inflammatory excitement. Or, if prepared for immediate use in the acute stage of disease, it may be used without the brandy, or, at most, with but a small portion. Good in cases of acidity of the stomach, dysentery, relax, &c.

DR. HIGBIE'S STYPTIC SIRUP.

To two quarts of pure soft water, add one ounce each of alum root, beth root, bugle weed, fleabane and yarrow.—Simmer slowly to one quart, strain and add half a pound or more of loaf sugar, and half a pint of the best brandy. Dose, from one to four \square s as the symptoms may require. Good in cases of bleeding at the lungs or stomach, and for uterine hemorrhage.

Or, to one quart of water, add one ounce each of bugle weed, mountain marigold, tag alder and yarrow. Simmer until the strength is out, then strain, sweeten with loaf sugar, and add half a pint of brandy. Dose, from one to three \square s three or four times a day. Good against internal hemorrhage either from the lungs, stomach or uterus.

Other articles of class 23 may be prepared in sirup as

convenience or necessity may require, by observing proportion, &c.

VEGETABLE RESTORATIVE.

Mix well together four parts each of boneset, gentian and white wood, and one part of golden seal. To two \square s of this compound add three gills of boiling water, keep it in a warm place fifteen or twenty minutes, strain and add half a pound of loaf sugar and half a pint of best brandy. Dose, one \bigcirc to a \square or more two or three times a day. This is an invaluable medicine in all cases which require restoratives.

DEMULCENTS.

Simmer onions in pig foot oil, until the onions are thoroughly cooked and press out the oil for use. Good in rattles. Dose, $\frac{1}{2}$ to a \bigcirc .

Simmer together until they are well blended, equal parts each of brandy, loaf sugar and spermaceti. Good in cases of cough. Dose, a \bigcirc or more.

Or, simmer together as above directed, one part each of loaf sugar, spermaceti and sweet oil. Good in cases of cough. Dose, one \bigcirc or more.

Or, scorch and grind flax seed as coffee is prepared for table use, and mix it with an equal quantity of strained honey. Dose, $\frac{1}{4}$ to $\frac{1}{2}$ a \bigcirc .

Or, equal parts each of gin, honey and linseed oil.—Dose, a \bigcirc .

These are invaluable remedies in many cases of cough, asthmatic affections, &c., and may always be administered with safety.

Medicines for cough must be employed as the case may require, but should be taken particularly at bed time, and generally, also early in the morning.

PROMISCUOUS RECIPES.

CAMPHORATED OIL.

Mix equal parts each of camphor and sweet oil in a vial closely corked, and let it stand until the camphor is dissolved. Good external application in cases of sore throat, pain in the ear, &c.

MEDICAL PORRIDGE.

To one \square of finely pulverise 1 wild turnip, add two \square s. of cold water, and beat them thoroughly together and then stir it constantly while half a pint of boiling water is gradually added. Dose, one \square or more, once in fifteen or twenty minutes, until a free perspiration is produced.— This, by some, is highly recommended as a sweating remedy in cases of pleurisy, inflammation of the lungs, &c.

CATHARTIC MIXTURE.

Mix well equal parts each of castor oil and spirits of turpentine. Dose, one \bigcirc to a \square or more, as the case may require. Repeat if necessary. Good in cases of worms. For common cathartic, add one ounce of the turpentine to three of castor oil. Dose as above.

OPODELDOC.

To half a pint of alcohol, add one ounce each of aqua-ammonia, camphor, the oils of origanum and rosemary, and one or two ounces (as you wish to have it more or less hard) of fine castile soap, and mix well together. Good externally for pain.

FOR INFLAMMATION.

Moisten blue clay with vinegar or water and apply as a poultice. Change often.

CATHARTIC PILLS.

Mix well together finely pulverised, eight ounces each of gamboge and mandrake, two of blood root, and one each of black cohosh and castile seed, moisten with molasses and make confection pills. Dose, two or more at night and one or more in the morning as the case may require. These pills are recommended to be used in cases of bloating.

SOAP SALVE FOR FEVER SORE.

To one quart of good old common soap, add four ounces of finely pulverised alum and half a pint of best rum; mix the whole thoroughly together and let it stand in a warm place six or eight days, when a skum will cover the top. This should be removed, when the remainder will be fit for use. This is recommended to be applied as a salve to the sore and to be diluted with soft water for a wash and to syringe the sore with. It is also recommended that detergents be freely used and the above application continued until the diseased part becomes sound.

TO PURIFY WHISKEY FOR MEDICAL PURPOSES.

To thirty two gallons of good proof whiskey in a forty gallon cask, add one gallon of thick apple molasses and shake it often and thoroughly for a week or two when it may be allowed to settle. It should then be drawn from the sediment which will be found a corrupt mass, the cask carefully rinsed and the spirits returned. If it be permitted to stand a few years it will be superior to most kinds of spirits for medical purposes.

EYE WATER.

Beat the whites of twelve eggs to a froth, and add this and two ounces of sugar of lead, and one ounce of white vitriol to two quarts of pure soft water, and bake it in an oven for thirty minutes, then strain clear when it will be fit for use. It may require reducing. This is a valuable remedy for most cases of common sore eyes.

SALINE MIXTURE.

To one quart of best vinegar, add three ounces of pure salt, and one ounce of cayenne. Dose, one \bigcirc to a \square as occasion may require. Good in cases of cholera morbus, dysentery, relax, &c.

COUGH MIXTURE.

Beat well together until thoroughly mixed, the yolk of three hens eggs, three \square of honey, and one of tar, and add the whole to one pint of good currant or other pure wine and shake well. Dose, one \bigcirc three or four times a day, for cases of chronic cough, &c.

Dr. Davis's Promiscuous Recipes.

COMPOUND OIL OF WORM SEED.

Put into an ounce vial one \bigcirc each of the oil of turpentine and oil of worm seed, and fill the vial with castor oil. It must be warmed and shaken when used. Dose, one \bigcirc for a child two years old to be repeated once in two or three hours until a thorough cathartic operation is produced. More or less should be administered according to age. It may be administered alone or in molasses, and repeated the next day in obstinate cases.

COMPOUND OIL OF TAR.

Mix well together equal quantities of the oil of tar and blood root, and mix well by shaking. Dose, ten to twenty drops on sugar or in sweet milk before meals. Good in cases of cough, pain in the breast, side, &c. in the absence of febrile excitement. The oil may be taken alone in the same quantity and for the same purposes.

DETERGENT GARGLE.

To half a pint of boiling water, add one \bigcirc each of cayenne and pure salt, and $\frac{1}{2}$ a \bigcirc of blood root pulverised; steep a few minutes and add two or three \square of vinegar, and sweeten well with loaf sugar, or, preferably with honey. Dose, half a \square to a \square to be repeated every hour or two as the case may require. Good in cases of sore throat, erysipelas, scarlet fever, and bronchial affections.

HONEY BALSAM.

To two ounces of best alcohol, add one ounce of the oil of fir, shake the articles thoroughly and add the whole to three ounces of honey and shake well when used. Dose, one $\frac{1}{2}$ to a \bigcirc two or three times a day. Good particularly in cases of chronic cough, pain in the breast, side, &c.

Promiscuous Recipes furnished by Dr. Higbie.

EYE WATER.

To one quart of pure soft water boiling hot, add one \bigcirc each of good gun powder, sugar of lead, and white vitriol,

and let it stand for a few days in a warm place, then strain and filter through paper, add one \circ of laudanum (tincture of opium in spirits) and it will be fit for use. Apply this several times a day with a piece of linen wet in it, and occasionally put a little into the outer corner of the eye.

TO STOP VOMITING.

A drop or two of the oil or a few drops of the essence of spearmint on loaf sugar, or an infusion of the herb is very good. Brandy sling, chicken broth, and coffee of burnt corn are also good. A drop or two of the oil of marjoram on sugar, will seldom fail.

FOR A WHITLOW.

Soak the part in weak lye as hot as it can be borne for half an hour, and then poultice with sweet cream and flour made into a paste and change often. Superior.

FOR BURNS.

Saturate cotton in a strong solution of copperas and bind it to the affected part. This is an excellent remedy.

FOR BILIOUS COLIC.

Make a very strong decoction of angelica and butternut root bark, sweeten with molasses, and add a little spirits. Dose, a wine glass full once in fifteen minutes until relief be obtained.

FOR CANKER.

To half a pound of the oil of fresh butter, add one ounce each of alum, borax, loaf sugar, and saffron, and two nutmegs, all finely pulverised and well mixed. Good for canker in the mouth, and if necessary, it may be taken into the stomach a little at a time.

OINTMENT FOR BURNS.

Melt together equal parts each of beeswax and burgundy pitch, and add sweet oil to make it of proper consistency. Apply this freely to a burn and it will soon ease the pain. It is also good for chafes, chilblains, cuts, &c.

MINERAL WASH.

Mix well together finely pulverised, one ounce each of burned copperas and white vitrol, and one \square of gun powder. Add a heaping \square of this compound to one quart of

pure soft water. Keep it in a warm place and shake it often for a few days, when it will be fit for use. Good for all kinds of chafes, galls, sores and ulcers on man or beast. Apply freely when necessary.

LINIMENT FOR BURNS, &c.

To one pint of best alcohol, add four ounces of fine castile soap, three gills of spirits of turpentine, and one ounce of fine camphor. Keep it in a warm place and shake it often until the articles are well blended, when it will be fit for use. Apply this to a burn by saturating cotton in it, and bind it to the part affected. Good also for wounds from glass, nails, thorns, &c., and for the bites or stings of all kinds of insects.

FOR DIARRHOEA.

Steep for fifteen or twenty minutes one \bigcirc of fine ginger in one gill of boiling water, and when cool, add one \bigcirc of camphorated spirits, sweeten with loaf sugar and take the whole at a time. This may be repeated, if necessary two or three times a day. Children and youth should take less according to their age.

FOR INFLAMMATION OF THE KIDNEYS.

To half a pint of boiling water, add half an ounce each of anise seed and senna. Steep it moderately for half an hour, strain and while warm, dissolve two ounces of manna in the infusion. This is a portion for an adult and may be repeated if necessary, once in three or four days until a cure is effected. This possesses cathartic and diuretic properties.

FOR AGUE AND FEVER.

To one quart of boiling water, add one ounce and a half of peruvian bark and one ounce of virginia snake root, simmer to a pint, strain and simmer to half a pint. When cool, add one pint best gm, in which one ounce of camphor has been dissolved, shake it well together and it will be fit for use. Dose, a wine glass full when the fit is coming on, and from one third to half a wine glass full two or three times a day until cured. The stomach and bowels must be thoroughly cleansed before using this remedy.

PART FOURTH.

REMARKS.

Health consists in the due performance of all the functions of life. Disease, the result of violated organic law.

In giving a description of diseases, the author has endeavored to point out such characteristic symptoms as are peculiar to the diseases under consideration, so that judicious remedies may be applied for their removal.

In looking over the symptoms of diseases, and their remedies, in what are called standard authors, the superficial observer must at once conclude that diseases are so many monsters, with at least as many heads as that slain by Hercules; and which, of course, would elude the vigilance and researches of common capacities. The simple facts in the case are not brought to view so as to be understood without searching as for deep waters. And what is exhibited as the result of this laborious effort for knowledge? The language of a learned writer, (than whom no man can boast of greater opportunities for acquiring medical knowledge,) is applicable to very many who have the effrontery to claim supremacy in the healing art. "Half a day, nay, in a genius, half an hour's time would be sufficient to initiate any body or gentleman into all the mysteries of the Esculapian art; for the whole extent of both theory and practice is, *pre calomel*. If that does not help, give *more calomel*, and if that again prove abortive, *double, triple* the dose of *calomel*. If the patient recovers, *calomel* has cured him." If he dies, "nothing on earth could have saved him." He also declares the "calomel practice in fever," to be a "calamity co-extensive with the empire of civilization," and that "war with all its ghostly concomitants, must hail calomel its master."

These sentiments of Dr. Anthony Humm, are reiterated by thousands who have to calomel suffered the horrid consequences of the use of calomel and other mineral poisons, and are doomed, thereby, to suffer during life; and thou-

sands are mourning the untimely death of near and dear friends, by these agents, and raise the voice of warning against their use.

It has been observed, by many, and is worthy to be remembered by all, that gentle remedies have a controlling influence, over the most formidable diseases; and, by their healthful influence, the powers of nature are sustained and assisted to overcome and expel disease; whereas, unnatural, irritating prescriptions increase irritability, enfeeble the powers of nature, and, consequently, increase the power of disease in the system. In a vigorous state of the system, a disease may be overcome by this kind of brute force; but it is at the expense of the constitution; because a predisposition to disease is, thereby, established, which will reappear, sooner or later, perhaps in some other form.

SYMPTOMS OF DISEASES,

WITH REFERENCE TO THE DIFFERENT REMEDIES FOR
THEIR REMOVAL.

AGUE AND FEVER.

This disease, called the intermittent fever, consists of three stages—cold, hot, and sweating. These paroxysms, in different cases, return every day, every other day, or, once in three days. The cold stage is preceded by yawning and stretching; the whole external surface appears rough, with cold pimples, and the back feels as if cold water was running on it. These symptoms are soon followed by shivering and often by violent shaking. This stage, after an hour or more, subsides when the hot stage commences; the severity of which is in proportion to that of the cold stage, by which the system is again restored to its natural state to await the return of the paroxysms in their regular order and dreaded severity. The paroxysms,

and particularly the hot stage, is generally attended with an excruciating pain in the head and back, and not unfrequently with delirium.

This disease is supposed to originate in an affluvia from low, damp places, in hot dry weather, called marsh miasma, which is produced by the decomposition of vegetable and, perhaps, animal substances.

Treatment.—Use the anti-bilious infusion and alterative cleansing powders freely for three or four days, and then, in case of fulness at the stomach, give the emetic, (page 73) otherwise administer a cathartic of mandrake; or the detergent cathartic powders; or if there be severe pain in the head, the cathartic infusion should be preferred; and use the infusion and powders for four or five days as before, and repeat the cathartic, or the emetic, which should be followed by the cathartic from four to twelve hours after the operation. These, in the absence of the paroxysms, and the infusion and powders should be repeated until the stomach and bowels shall be well cleansed; after which the jaundice bitters may be employed; or the anti-bilious and restorative sirup; or, if the patient be greatly debilitated, the vegetable restorative or restorative sirup may be necessary. Should the use of simples be preferred, directions for their use will be found in class 3. Dr. Porter, from Michigan, informs me that Culver's physis is a remedy for this disease, if taken at first to operate freely as a cathartic, and in small quantities afterward so as to move the bowels gently for a few days. A O or two of Cayenne should be put into the water in which the feet are to be bathed at each return of the cold stage. The head and back should be bathed in the anodyne tincture, rheumatic elixir or other bathing applications which will greatly mitigate the pain.

These directions well attended to, will clear the system of disease, and leave the man in the enjoyment of health and not subject to a return of this or any other disease.

APOPLEXY.

Apoplexy chiefly attacks corpulent individuals of advanced age, having a short neck, lead an inactive life, and who indulge the appetite.

It is characterized by a sudden and entire cessation of all voluntary motion and sense, while the heart and lungs continue to perform their accustomed functions.

Apoplexy may be distinguished from palsy by the difficult and loud breathing, and profound sleep; and from epilepsy by the absence of convulsions.

This disease has two varieties, the sanguineous and the serous. In the sanguineous, the attack is generally sudden, the face red and swollen, and the veins full. In the serous, the face is pale and bloated, veins depressed, pulse small and irregular. Both are in some cases preceded by premonitory symptoms, such as giddiness, dimness of the sight, drowsiness, loss of memory, faltering of the tongue, &c. These symptoms admonish the individual to live on a spare vegetable diet, and engage in active employment. Excessive fatigue, violent exertions, or stooping, must be carefully avoided.

In an attack of apoplexy, prompt and efficient remedies must be adopted. Dr. BEACU, in his reformed system of medicine, says: "The whole secret or art of treatment consists in equalising the circulation;* and recommends, first, to remove every thing from the neck which might in any degree obstruct the circulation, and immerse the feet and legs in very warm lye water, and after remaining fifteen or twenty minutes, friction must be applied to them." This, he says, "I have never known to fail to exert a salutary, a decided good effect. The whole surface must also be bathed with a mild tincture of capsicum applied very warm." If the patient is unable to take medicine, a

*Dr. Davis says this can be the most readily accomplished by administering from a teaspoonful to a tablespoonful of the anti-spasmodic tincture, in connection with the other treatment, once in ten or fifteen minutes, until urgent symptoms subside.

large injection must be immediately administered. For this, the cathartic injection would be most proper. A copious discharge from the bowels should be produced as soon as possible. The surface of the body should also be covered warm, and stones or bricks applied (page 80) to the extremities to excite perspiration, and a mustard plaster between the shoulders and over the sacrum. Cathartics are very important in apoplexy."

In the premonitory symptoms frequently bathing the feet in warm water, cold applications to the head and a free use of cathartics are highly recommended. Emetics may be necessary, and other prescriptions calculated to cleanse the blood and cause a free and equal circulation of the fluid.

ASTHMA.

Of this also, there are two varieties, viz: the humid in which there is a free discharge of mucus from the lungs; and the dry or spasmodic, which is attended by little or no expectoration. Any means by which the lungs are excited to undue action may be the cause of this distressing disease.

For relief in the time of paroxysm, immerse the feet in warm alkali, (see bathing and fomenting applications,) and apply draughts, and as soon as possible, give the antiscorbutic tincture, and repeat the dose as occasion may require. At the same time make a free use of an infusion of chamomile or smartweed, or other infusion of herbs.

The asthmatic tincture, asthmatic pills, and demulcent compounds and a strong infusion of pyrena freely drank, are invaluable remedies. The anti-spasmodic tincture is useful, especially in spasmodic asthma. Emetics and cathartics, laxatives and tonics, must be administered so as to keep the stomach and bowels in good order. The asthmatic plaster should also be applied. Smoking the dried thorn-apple leaves, or brown paper saturated with a solution of salt-petre and then dried, is very good in some cases of asthma. Crowded assemblies—the inhaling of impure air—and especially that arising from the burning

of any resinous or oily substance, or sulphur, must carefully be avoided. The clothing must be comfortably adapted to the changes of the seasons, the feet kept dry and warm, and every means persevered in to preserve health, with a strict regard to temperance in all things.

BALDNESS.

This is very common in advanced life, and is often caused by sickness at any period. In all cases it is probably owing to diseased action which prevents the free circulation of that fluid which supports the growth of the hair and keeps it moist. Cleanliness is, without doubt, a great preventive of baldness. Stimulating and oily substances frequently applied, and the part thoroughly rubbed with the hand at each application, has in some cases, had the desired effect. For this purpose, the anti-scorfulous tincture, three parts, and house leek, or other ointment, one part well mixed, when used, is very good.

A gentleman of about fifty, showed me his head on which an abundant growth of hair was appearing, on a part which he said had been bald for years, from the use, for a short time, of a tincture of peach pits in brandy. In applying the scald head ointment for the cure of that disease, it has not failed, to my knowledge, of re-producing a luxuriant growth of hair.

BLEEDING AT THE NOSE.

This is not caused so much by an over fullness of the blood vessels, as by an unnatural determination of blood to the head. Bathing the feet and cold applications to the head are excellent. The stimulating Bitters is a remedy for habitual nose bleeding; and for profuse, a pledget of lint or cotton wet with anodyne tincture and put into the nose will stop the bleeding as soon as it reaches the orifice.

BLOODY URINE.

This may be caused by lifting, jumping, hard riding, by external injuries, or by inflammatory diseases. For a remedy, equalize the circulation, by bathing the feet, draughts, &c. and if by external injury, foment the part affected,

(see Bathing and fomenting applications and draughts,) and promote perspiration.

Use nephritics, especially, bearberry, internally, and when the discharge of urine has become free, give styptics alternately with the nephritics until a cure is effected.

A number of years since, while on a journey, I called at the house of a friend for whom I had previously prescribed for a lingering disease, and found he had started in the morning, to transact business at some distance from home, and was not expected to return until next day; but he was soon brought in severely injured by a kick from his horse, in his side, near the kidney. He was in excruciating pain, and had not passed any urine since his injury, which had been five or six hours. As I had no medicine with me, I advised him to send immediately for a physician, but he told me I must do the best I could with what they had in the house. I requested that he would send his son for a catheter, which he did, but it was refused.

However the catheter was not needed but a short time. Sudorific medicines internally, and fomenting the bruised part, soon produced the desired object, when large quantities of clotted blood were discharged with the urine, and he had a good night's rest. In the morning I left him with the best advice I could, and he was soon restored to more than usual health, as his side was perfectly restored, in which a seated pain had afflicted him for years.

BILES.

These are very afflicting, many times, but are generally beneficial.

Egg shells taken every morning, from $\frac{1}{3}$ to $\frac{1}{2}$ a \bigcirc is said to be a specific for biles. The detergent beer, and other detergent medicine and especially the alterative detergent powders should be used freely, to cleanse the blood. Wetting the part frequently with the anodyne tincture, and covering the tumor with the strengthening plaster at first appearance will generally prevent their coming to a head. If after the discharge they continue

sore, the application of the anti-scrofulous tincture will soon dispose them to heal. If not, use salve.

BRONCHITIS.

The characteristic symptoms of this disease are, a sense of oppression and tightness of the chest, attended with wheezing or rattling in respiration, which is increased when in a horizontal position. The cough which at first is dry is soon attended with a free discharge of viscid mucus or coagulated lymph, resembling the white of an egg; but this changes to a yellowish or greenish color. This disease is attended with a pain in the forehead, which is increased by coughing. Drowsiness attends a copious discharge of mucus which obstructs respiration; the tongue is covered with white mucus, the skin is dry, yet not unusually hot.

In the acute stage an emetic is important; (page 73) and in some cases the sudorific course (page 80) will also be important. The alterative cleansing powders or other preparation for cough may also be necessary. In the chronic stage, and perhaps, also, in the acute, the wet sheet bath (page 81) and the compound tincture (page 101) will be found of great value. Bathe the feet frequently and apply draughts.

BRUISES AND FALLS.

Equalize the circulation, by bathing the feet and using sudorifics. Foment the bruised part with wormwood or other fomenting applications. See page 90, where further directions are given upon this subject.

Blood-letting is not necessary in such cases.

The anodyne tincture will mitigate pain and prevent soreness.

BURNS AND SCALDS.

For a superficial burn or scald, the anodyne tincture, oil of fir, or liniment for burns will immediately remove the pain and stop the smarting. When the skin is off, the green or other ointments must be used, and if the hands or feet are badly burned or scalded, the fingers or the toes must be done up separately to prevent the

possibility of two or more of them healing together.—Use also poultices and salves when necessary. The green ointment is however, superior to any other.

Freezing requires a course of treatment similar to that of a burn or scald after the frost is taken out by the application of cold water.

CANCER.

This formidable disease often appears in early life, in the form of a small protuberance—generally more or less discolored with red lines in various directions, and is frequently attended with sharp twinging pains, without any further appearance of diseased action until the decline of life, and then, like a selfish creditor who has watched, perhaps for years for a favorable opportunity, now claims his full share in the torture and destruction of its victim. The tumor now increases in size and pain, perhaps rapidly, with an irregular uneven surface, and is attended with a peculiar burning sensation exquisitely painful; and, in a short time, it eats its way to the surface and discharges a corroding fluid. The patient now requires the kind sympathy of friends, and such remedies as will afford relief.

In the cure of cancers, the main dependence must be placed upon remedies for cleansing the blood of the humors which supply the ulcer with its virulency; and which, if not discharged at the ulcer, would be secreted by some of the internal organs; and would be distressing, and equally if not with increased fatal consequences.

The knife has seldom proved a remedy; and, judging from the nature of the disease, it need not be expected.—In the aggravated form of the disease, the circulating fluids must be cleansed, or a cure cannot possibly be effected. So says every author, whose writings upon the subject are worth perusing.

For cleansing the blood, either in the scirrhus or ulcerated state, the Detergent infusion, Detergent decoction, Anti-scorfulous tincture, and either of the articles com-

posing Class 9, and the cancer infusion must be used alternately, with steady and unwavering perseverance.

The Alterative detergent powders should be taken three or four times a day, so as to produce a free cathartic operation at least once a week. Commence with a small portion and increase daily, until the desired object is effected. An infusion of the least powerful article in Class 9, may be used with the powders, and those more powerful or the compounds when they are discontinued.

In the forming or scirrhus state, the cancer may be bathed every evening with some of the articles named on pages 90 and 91, for that purpose. A linen cloth may be moistened in the infusion and laid on the tumor, and when cool it may be exchanged for another similarly prepared, and after continuing this process for fifteen minutes to half an hour, apply some article of ointment well heated in. See Ointments. If after all that can be done to prevent, the diseased action continues, and suppuration is likely to take place, poultices must be used. See Poultices.—The bathing may still be continued, especially when the poultices are changed. The Detergent medicines must also be continued until a cure is effected. After the ulcer is formed and discharges, the washes, poultices, salves, and plasters may be used alternately as may be necessary, which will require sound judgment and experience to dictate in difficult cases, and especially in the application of caustic plasters, or corrosive lotions. As a general rule, poultices, salves and plasters may each remain on the ulcer for eight hours, observing to use a preparation for a wash at each dressing, that the ulcer may be kept well cleansed. When the discharge is very offensive, use the charcoal or the wild indigo poultice. There is a sufficient variety of compounds and simples recommended for cancers, that the changes may be made when necessary.

Through the whole course of treatment for cancer, the patient must subsist on plain, simple diet, easy of digestion, and free from high seasoning; and carefully avoid

such exercise or exposure to changes of air as would be likely to produce any change in the circulating fluids, and all fermented or spirituous liquors.

CANKER.

Children are the most liable to this disease. It appears in white ulcers, upon the tongue, gums, and palate, resembling small particles of curdled milk, and it sometimes extends to the stomach, and through the whole intestinal canal.

When this appearance in the mouth is discovered, no time should be lost in applying remedies.

First give a dose of cathartic powders, followed by the canker sirup, and if necessary, use the canker infusion, or the canker powders sweetened with honey or loaf sugar, or, vinegar and salt, as a gargle, (page 91,) in connection with either.

Should these fail of speedy relief give the emetic; continue the use of the canker sirup, and the gargle which may also be taken into the stomach if necessary, and repeat the cathartic and emetic, as the case may require.—This course will speedily cure any curable case of canker or thrush.

CANINE MADNESS.

For this awfully horrifying malady, many remedies have been published, some of which appear plausible, and some without the least appearance of analogy, or reason, or even the sanction of experiment.

The following from Dr. Beach's Reformed System of medicine, which is the most reasonable upon the subject of any thing I have ever seen, is considerably abridged.

“The bite of a rabid animal is not always followed by hydrophobia. When a person is bitten through clothes, and especially woollen, the virus is frequently wiped from the teeth before they enter the skin. From this cause it is sometimes the case that but one or two become rabid who are bitten by the same animal.”

At an uncertain period after the bite, a painful tension, redness, heat and darting pains and spasms affect the part

bitten. Languor, lassitude, anxiety, sighing, love of solitude, twitching of the tendons, horrible dreams, aversion to, and dread of any kind of liquid, which causes spasms, and a desire for biting, are symptoms of the approach of the awful paroxysms of this disease.

Treatment:—The wound should be cupped as soon after the bite as possible, after which apply the caustic plaster until an eschor is formed; then apply the yeast, lobelia or slippery elm poultice, for a day or two, after which some of the leaves recommended for draughts,—(see draughts,) and keep up a discharge as long as consistent. The patient should use freely, a strong infusion or decoction of blue scull cap and the Detergent Powder as directed in the case of cancer. I should also use as much of the anti-scorfulous tincture as the stomach can bear.—Should symptoms of hydrophobia appear, the lobelia emetic in addition to the above, and promoting perspiration by steam, or vapor bath, are also recommended.

CATARRH.

This disease is caused by cold seated in the glands and mucus membranes of the head and throat, and is characterized by a discharge of serum and a dropping of a fetid fluid from the head into the throat.

For a remedy, see Errhines, Class 15. The treatment for general debility is sometimes necessary in this complaint.

CHAPPED HANDS.

Wash the hands in butter milk at bed time, wipe and dry them and moisten the affected part with the anti-scorfulous tincture, and after drying them again apply some of the ointments or salves, or pure mutton tallow. The tallow may be applied often through the day.

CHOLERA MORBUS.

The characteristic symptoms of this disease are a spontaneous vomiting and purging; caused by over-loading the stomach with food or fruit—commonly unripe fruit, or by a vitiated state of the fluids in the stomach, when the digestive organs are in a debilitated state or by a relaxa-

tion and exhaustion from the influence of excessive heat and over exertion in labor or otherwise.

The evacuations are produced by an effort of nature to free herself from disease or offending matter, and would, in all probability prove salutary, were it not that the action is continued, by vitiated or acrid bile, beyond what nature requires.

To allay the irritation of the stomach, use a weak preparation of the anti-bilious infusion, or the sirup, or other preparations of rhubarb, or a drop or two of peppermint oil on loaf sugar, which may be repeated in half an hour, more or less, if necessary. An injection, either astringent or mucilage, may also be necessary. See injection.

Should cramp attend this disease, bathe the feet and foment the bowels, (Page 89,) and bathe the part immediately affected, with the nervine or other liniment, or with the anodyne tincture. The vegetable restorative, or restorative sirup may be necessary for a few days after the irritation has subsided.

COLDS.

This is a malady to which all are liable, and often without knowing its origin; but is, generally in consequence of a sudden exposure to dampness or cold when warm.—Most persons, as long as they can walk about, scorn to be confined by what they call a common cold, and therefore, colds, like an enemy despised as inferior, gather strength from delay, until they are incurable.

Prompt remedies may save much suffering, and perhaps the life of the afflicted individual. Delays are more or less dangerous in all cases of disease.

At the commencement of a cold the alterative Cleansing powders in small doses, often repeated, or Cough drops, or Cough sirups, and bathing the feet (page 89) at bed time, and strict care may be sufficient. Should these fail, a thorough use of sudorifics must be adopted, in which the wet sheet or vapor bath may be important, especially in a severe case. See Class 24; and when there is distress or pressure at the stomach, these reme-

dies (or such as have been used) should be immediately followed by the emetic or cathartic, or both, after which the first mentioned course may be followed for a few days, and the whole repeated if necessary.

The following remedy for a cold is highly recommended by Dr. Higbie. Immediately after taking cold the whole surface should be sponged with cold soft water until well cleansed, followed by thoroughly applied friction with the flesh brush or coarse linen until an agreeable warmth pervades the whole system. Then retire to bed and drink cold water, a tumbler full at a time, so as to drink a pint or a pint and a half in the course of ten or fifteen minutes; have a heated stone at the feet, (page 80,) and be well covered with bed clothes and retain this position through the night.

In the morning bathe and apply the friction as before; dress and be about; drink a pint of cold water immediately after bathing; exercise if necessary to regain natural warmth, use but little food for the next twenty-four hours, not to exceed three ounces of unbolted wheat bread, but cold water may be freely used.

Should any symptoms of the cold remain, repeat the same course for the next twenty-four hours

By this course the capillary vessels are stimulated to proper action, the circulating fluids rendered active and the whole system invigorated, so that morbid accumulations are expelled by the spontaneous operations of nature.

COLIC.

The characteristic symptoms of this disease, of which there are four varieties, are excruciating pain in the umbilical region, with which the stomach sympathises, attended with nausea, retching, and vomiting, obstinate costiveness, cold extremities, and often with a spasmodic contraction of the abdominal muscles, and sometimes by a discharge of the feces, upward, while vomiting, called the iliac passion, which is very distressing. The pain is not confined to

one spot, and pressure upon the abdomen usually, in some degree, affords relief.

Bilious Colic is attended with vomiting bilious matter, bitter taste in the mouth, great heat, scanty urine, the pain frequently shifting from one part of the abdomen to another attended with a sense of coldness and excessive thirst.—Hoarseness frequently attends this variety. See recipes on pages 121, 123, 137, 91,

Flatulent Colic usually commences with a sense of fullness at the pit of the stomach, soon attended with pain, nausea, retching or vomiting. These symptoms increase until the patient is greatly distressed, exceedingly restless and constantly in motion, with his hands pressed upon the abdomen. The pain changes from one part of the abdomen to another, and is *measurably* relieved by a discharge of wind. The patient also experiences severe griping pains, soreness of the bowels and a rumbling noise. See colic powders &c., as above.

Hysteric Colic is distinguished from the Flatulent colic by severe spasms, and dejection of spirits. See nervine tincture, &c.

Painter's colic is distinguished from the bilious or flatulent, by its gradual approach, by the paralytic symptoms attending it, by a violent darting of pain to the sides, and, by the strong spasmodic action of the intestines and abdominal muscles.

This disease has a variety of causes, the most common of which are unwholesome food, unripe fruit, or indigestible substances taken into the stomach, long continued costiveness; metallic poisons, particularly lead; a transfer of the gout, or rheumatism, the drying up of issues, by which humors have long been discharged, &c.

A dose of the colic powders will usually afford speedy relief, which if necessary must be repeated. See page 121. A \bigcirc each of the anodyne and anti-scorfulous tincture has also proved to be an invaluable remedy for this disease, particularly in the first stage.

Bathing the feet and fomenting applications to the ab-

domen, must not be neglected, see pages 89, 90. A small bag of dry headed salt may be applied to the abdomen, and often changed, instead of the fomenting applications.

Should this course of treatment fail and the irritation of the stomach be severe, give a \square or 2 of the tincture of rhubarb (page 104) which may be soon followed by a dose of the anodyne drops, see page 98, and these may be repeated until relief be obtained. Or should the irritation of the stomach prove obstinate, a cathartic injection must be administered, see page 94, repeated in an hour or two if necessary. As soon as it can be retained, a dose of cathartic infusion, cathartic powders, or other active physic must be administered and the operation encouraged by injections. As soon as a free cathartic operation can be produced, treat the patient as for other cases of debility.

CONSUMPTION.

The characteristic symptoms of this disease are a gradual wasting away of the strength and flesh, generally a severe cough, hectic fever,* the eyes bright and clear, and the tongue clean and smooth, and an uneasiness and pain in the breast or side is experienced which is increased by exercise.

As the disease advances, the cough and expectoration increases, the patient is drenched with night sweats, and, although the appetite may continue good, the strength and flesh continue to waste away, the pulse becomes more and

* This fever has usually two paroxysms in twenty-four hours, one about noon and the other near midnight. Each paroxysm is preceded by coldness, and terminates with considerable evacuation through the pores. A dry tickling cough, a husky dryness of the palms of the hands and soles of the feet, and a flush of the cheek, attends each paroxysm of this fever.

In some cases this fever is without regularity as to the return of the paroxysms, which are neither preceded by chills, nor terminated by sweating. It is, however, easily distinguished from any other fever by the symptoms which accompany it.

more frequent and finally exceed one hundred in a minute.

The common causes of this disease are briefly these : neglect of remedies in the first stage of diseases, or the use of those which have an injurious effect upon the system, the folly of dress inducing a state of the system not improperly called muslin consumption, predisposition to the diseases, and tubercles* in the lungs.

In this disease the whole circulating fluids become vitiated, and consequently the fluids secreted by the lungs are constantly irritating and exciting them to undue action.

Emetics, (page 83,) have a salutary influence in this disease; but as the strength of the patient will not generally admit of their operation oftener than once a week, other medicines must be used in the intervals. The bowels must be kept in as good order as possible. If costive, see costiveness. If a relaxed state of the bowels afflict the patient, the anti-dysenteric pills, or powders, or the following compound may be used :—

To one pint of fourth proof brandy add two \square of finely pulverized allspice and four of loaf sugar, and after burning the brandy till the blaze goes out, add half a \square of flour and mix well together

Dose.—One \bigcirc from one to eight hours, as the case may require. For night sweats use white daisy blossoms, see Class 25, cold sage tea or comfrey coffee, see page 98. Should emetics cause an increased and lasting degree of debility, the case should be considered doubtful and they should not be repeated.

As long experience has shown the importance of fre-

* Tubercles are hard tumors in different parts of the lungs, but mostly near the bronchial tubes, and vary in size, from being barely perceptible, to the size of a small hen's egg; are sometimes in clusters, which unite together and form a large ulcer which discharges a large quantity of matter, and sometimes blood, into the bronchial tubes.—Tubercles, however, sometimes exist for many years without serious consequences.

quently changing prescriptions in this as well as most other diseases, directions for a great variety of compounds will be found in this work, calculated to remove or palliate the disease. These may be found under the head of powders, infusions, sirups, and tinctures. Plasters will also be found useful, as also frequently bathing the feet, and the whole surface, with alkali, or other bathing applications. Riding on horse back, the wet sheet bath, sea voyages and removing to a warm climate are highly recommended for the cure of this disease. Violent exercise, night air and stormy weather must carefully be avoided. Should internal bleeding occur the asthmatic tincture or styptics, Class 23, or the styptic sirup, should be employed.

CORNS.

Corns are caused by wearing tight shoes, and cannot be cured without keeping the feet free from irritation.—Frequently bathing the part affected in warm water and shaving off the callous, and wetting the part two or three times a day with the anodyne tincture will soon give relief and effect a cure. If the part is very tender, apply a small corn meal poultice at bed time and wear it for several days, which will very materially prevent irritation.

COSTIVENESS.

As many lingering diseases are traced back to costiveness as their predisposing cause, I wish to impress the importance of a seasonable attention to it upon the minds of all. The importance of an evacuation from the bowels daily, is obvious to every reflecting mind.

For the removal of this difficulty, laxative preparations are by far preferable to active cathartics. See Class 17, see also, laxative powders, detergent laxative powders, anti-dyspeptic nerve powders, anti-dyspeptic bitters, anti-dyspeptic pills, different preparations of rhubarb, Davis' stomach pills, laxative bitters, laxative beer, &c. Injection must not be neglected. These or any of them may be used alternately three or four days each, and when a laxative medicine is not necessary, the vegetable restora-

five, restorative sirup, tonic and nervine bitters, or other tonic medicine should be used a few days at a time.

COUGH.

Cases of cough occur unattended with the symptoms either of a cold or consumption. The alterative cleansing powders prepared in honey, the anodyne drops and anti-spasmodic tincture, asthmatic tincture, cough drops and cough sirups may be necessary, and will generally prove effectual in a short time. The stomach and bowels must be cleansed and regulated if necessary.

CRAMP.

This is an involuntary contraction of the muscles, and when violent is very distressing. Cases of cramp in the feet or legs, which occur while in bed, can be immediately relieved by stretching the limb at full length, and pressing the foot against a solid substance. Friction over the part affected, or a few magnetic passes downward by an attendant, even if it be in the stomach, is of great importance. Bathing the part with nervine liniment, is also good; also a heated brick moistened in vinegar applied as warm as it can be borne. Six or eight drops of the oil of hemlock, and two or three of peppermint oil dropped on sugar, which may then be dissolved in warm herb tea, is a valuable remedy for cramp internally. This or a dose of anodyne tincture, the anti-convulsive, stimulating elixir or other stimulating medicine should be administered before making an external application.

CROUP OR RATTLES.

The characteristic symptoms of this disease are a shrill noise while coughing, resembling the barking of a puppy, a rattling in the throat and difficulty in breathing, which appears to threaten suffocation. It is not unfrequently preceded by symptoms of a common cold, yet in some cases its attack is without any previous indisposition. Fever with a hard, quick pulse, and restless uneasy sensation, usually attends this disease. If the disease be not arrested in its progress, the cough, rattling and difficulty of breathing continue to increase; and in three or four

days and sometimes much less, suffocation ends the life of the sufferer.

Children from one to three years old are most liable to this disease.

Prompt attention to the first symptoms is all important. A dose of animal oil, and the emetic tincture, see page 102, must be administered alternately, once in twenty or thirty minutes. Or if the drops are not at hand, the emetic powders or blood root and lobelia, equal quantities may be given in small doses as directed for the drops. The feet must be bathed and draughts applied. Garlick or onion fried in pig foot oil, or an oiled brown paper must be kept constantly over the region of the throat and lungs.—After the operation of the emetic, the oil in which the onions were fried, may be administered, half to a O at a time once an hour. Persevere until relief be obtained.

Fomenting the throat and chest with hops and vinegar, is of great value, page 89.

The following which is accredited to the Journal of Health, is certainly worth trying when other remedies are not at hand; and, perhaps should be preferred under any circumstances. It is partly on the cold water plan, yet, I consider the wet sheet bath far preferable.

“When a child is taken with the croup, instantly apply *cold water*, ice water if possible, suddenly and freely to the neck and chest with a sponge. The breathing will be almost instantly relieved. As soon as possible let the sufferer drink freely of cold water, then wipe it dry, cover it warm and soon a quiet slumber will follow.

After relief is obtained, a dose of cathartic powders, cathartic infusion, or other cathartic must be administered, and medicine given to restore health, as the case may require. The expectorant and tonic sirup or other tonics and expectorants would be proper in most cases.

DELIRIUM TREMENS.

The characteristic symptoms of this awful malady which is caused by the intemperate use of ardent spirits, or opium, (see opium,) are wakefulness, nausea and vomit-

ing, or belching wind, loathing of food, costiveness, agitation of body and mind; the countenance has the expression of great anxiety and alarm, and as the disease progresses, the patient fancies himself beset with serpents and dreadful insects, which he endeavors to avoid, or repel with expressions of horror; and sometimes he imagines that the devil or devils are after him in visible form, with whom he appears to struggle with mighty efforts, awful expressions of torment, and often calls for assistance.

In the treatment of this disease, stimulants must be used, and the preparation of stimulating bitters is at least equal to any other. This may be administered in new milk, if the patient can bear it, and repeated as necessity may require. The feet should be bathed and draughts applied, and especially if there be much determination to the head.

It is probable that the wet sheet bath will surpass every other remedy in this disease.

A cathartic will also be necessary, for which the cathartic infusion should be preferred.

Should these means fail to afford relief, an opium pill may be administered once in three hours, until the patient finds relief in sleep. After which emetics and other medicines may be used as the case may require.—After the stomach and bowels shall have been cleansed, the use of the tonic and nervine bitters may be important for a few days, and then if the patient is half witted, he will forever shun the cause of this disease.

DIABETIS.

The characteristic symptoms of this disease are frequent discharges of urine of a sweetish taste, which in some cases amounts to several quarts a day. Afflicting thirst, voracious appetite, dry skin, disordered stomach and bowels, pain and weakness in the loins, cold extremities, headache, great debility, emaciation, difficulty of breathing, swelling of the feet, &c., are common symptoms.

The wet sheet bath or other means calculated to main-

tain a moist surface, should not be neglected. Thoroughly applied friction to the whole surface night and morning, is important. Astringent tonics, diuretic laxatives and sudorifics, if necessary, should be used alternately, together with such other medicines as may be necessary to improve the health.

DIARRHŒA.

This disease is well understood to be frequent discharges from the bowels, attended with tenesmus and fever. Move the bowels gently by the use of the rhubarb sirup or anti-dyspeptic bitters, and follow this with the anti-dysenteric pills, astringent or mucilaginous injections, if necessary, and the vegetable restorative. Should these fail to remove the complaint speedily, give an emetic, and repeat the whole if necessary. A small pill of opium introduced in the rectum, or the anodyne drops in the injection, will afford great relief in cases of severe tenesmus.

The following is highly recommended in cases of diarrhœa. Scorch or burn powdered rhubarb in an iron pot, stirring it constantly until it blazes, and then smother it in a covered jar. Dose, from five to ten grains in port wine. After a dose or two the pain subsides, and the bowels are restored to their natural state. The asthmatic tincture is an invaluable remedy for diarrhœa.

DISEASE OF THE EAR.

Children, and sometimes adults, are afflicted with ulceration of the ear. This is soon cured by taking as much of the anti-scorfulous tincture as the stomach can bear, three or four times a day, and drop three or four drops of the same into the ear or into both, if both are affected, after each dose. After using this for six or eight days, change to the detergent infusion and detergent powders internally, and drop the bittersweet or house leek ointment into the ear as directed for the tincture, and after using these six or eight days, adopt the use of the tincture as before, and so proceed until a cure is effected.—Castile soap suds should be thrown into the ear with considerable force by a syringe, as often as once in two or

three mornings while pursuing the above or other treatment for the ear; and cotton or raw silk constantly worn in the ear. Inflammation of the ear is attended with excruciating pain, and this can generally be relieved in a short time by introducing into the ear a pledget of cotton or lint wet with the anti-scrofulous tincture, nervine liniment or sap of hickory wood. The centre of a roasted onion put into the ear, and the remainder of the onion bound on over the ear is very good. All applications should be made as warm as the patient can bear. Should these means fail to afford relief, a thorough use of sudorific infusion, bathing the feet and fomenting applications to the ear must be persevered in, until relief is obtained.

The vapor bath (see page 80) may sometimes be necessary.

Deafness is frequently caused by inspissated wax in the ear, which prevents the sound from reaching the tympanum and auditory nerve. This must be removed by frequently dropping vegetable expressed oil or other pure soft oil into the ear and syringing the ear as directed for ulceration.

Extraneous substances may generally be removed by small forceps, or if they do not produce pain, they may remain without danger until forced out by the accumulation of ear wax.

A few drops of soft oil often applied will very much assist the process. When insects get into the ear, they may be killed by filling the ear with spirits or any harmless liquid, and then removed by injecting warm water into the ear.

DISEASES OF THE EYE.

Inflammation of the eyes when severe, is one of the most intolerable diseases that ever assailed the human system, and no disease has more frequently baffled the skill of physicians. From a severe attack of this disease, I am more than ever before satisfied, that severely afflicting remedies are pernicious.

Alum curd made by beating the white of a raw egg and

pieces of alum together until the egg coagulates, then separate the curd from the alum and bind it over the eyes, is very soothing during the hours of rest.

The eyes should frequently be bathed in a solution of pure rock, or other salt, and soft water, to which a little vinegar may occasionally be added. This is the best wash ever used for the eyes. Bayberry, or other washes, are also excellent. (See washes.) Eye salve and ointments will also prove beneficial in some cases. Slippery elm poultice may be applied at bed time, when necessary. (See poultices.)

At the commencement of the inflammation, a solution of salt in soft water thoroughly used, is all that is necessary. Salt and vinegar (see page 91,) will at once remove the sensation of roughness, so afflicting in cases of inflammation, if it be used so as to reach the part affected.

Cathartics, emetics and detergents must be used, so as to remove the humors from the system, and the feet and whole surface often bathed in a preparation of alkali, (see page 89,) and draughts frequently renewed.

I have several times removed collections of matter on the eye ball, by dropping two or three drops of the bitter-sweet ointment first into one ear and then into the other, once in three nights.

It is confidently believed that the course above recommended, will do all that medicine can do for inflammation of the eyes, either acute or chronic. The wet sheet bath and shower bath will prove valuable auxiliaries, and perhaps, supercede the necessity of every other remedy in this disease.

Artificers in cutlery and other polished work, are liable to have small particles of iron or steel imbedded into the film of the eye ball, by the swift motion of the emery wheel. I once saw an artificer remove a piece of steel so minute, as to be nearly invisible to the naked eye, yet it caused excruciating pain. He steadied the eye ball and held the eye open with the thumb and fore finger of the left hand, while with the right hand he passed the edge

of a sharp instrument lightly over the eye ball where the steel had entered, and succeeded in removing it at the first attempt. A magnet, however is far better, and is perfectly safe.

Sand, dust, lime, &c., may be speedily removed by injecting freely into the eye a mucilage of slippery elm or flax seed. Warm milk and water may be used for the same purpose, but is not as good, as it lacks the adhesive properties of the mucilage. I have been informed by those who have tried it, that a flax seed put into the eye is superior to an eye stone to remove dust, &c. Vinegar, if applied immediately, will neutralize alkalies.

DISEASES OF THE LIVER.

The liver is the largest organ in the human system, and is situated in the right side immediately under the ribs. It is divided into two lobes, the left of which extends over the stomach considerably to the left side, and sometimes causes pain in that region when that part of the liver is diseased. When we take into consideration the office of the liver, which is to prepare and secrete the bile, and filter and purify the blood, we cannot wonder that a diseased action of the whole system should soon follow a diseased state of the liver.

The diseases of the liver are acute and chronic inflammation, tubercles and induration or scirrhus and ulcers. The characteristic symptoms of the acute stage of this disease, are a pungent pain and sense of bloating in the right side of the abdomen, which is increased by motion or pressure, extending thence to the top of the shoulder blade, and between the shoulders. Difficulty of breathing, tongue coated, excessive thirst, costiveness, loss of appetite, hard, full, quick pulse, dry cough, sense of weight and pain in the extremities, great irritability of the stomach and system generally, vomiting bilious matter, a peculiar burning sensation at the surface, and a sense of weight and pain when lying on the left side, are common symptoms of this disease.

In the chronic stage, the pain and other symptoms are

less acute, and extends under the shoulder blade and between the shoulders, accompanied with a sense of weariness in the back of the neck.

In the acute stage, give a full dose of cathartic powders, cathartic infusion, or anti-bilious pills, bathe the feet, apply draughts to them, and foment the side affected. (Page 89.) Should a thorough perseverance in this course fail to give relief, after the operation of the physic, give the anodyne drops or powders, accompanied by sudorific infusions, (see class 24) and also continue the fomenting applications, and if the patient does not find relief at least in twenty-four hours, give an emetic, which may be repeated if necessary, and repeat also, such a part of the previous directions as the case may require. Emetics should occasionally be employed.

Anti-bilious infusion, and alterative cleansing powders, the detergent laxative powders, or the laxative anti-bilious pills should be used as alteratives.

In the cronic stage of this disease, as well as for a tubercular or indurated state of the liver, a free use of cathartics, and in most cases emetics also, are highly important. The alteratives above named, and many others may be used as the symptoms require, particularly the laxative powders, anti-dyspeptic nerve powders, laxative pills, anti-dyspeptic cathartic pills, &c. The anti-bilious beer, and laxative beer will be found to be valuable auxiliaries.

The medicines must be frequently changed, or they soon lose their effect. The wet sheet bath and bandages are recommended in all cases of inflammation.

DROPSY.

By the term dropsy, we understand an unnatural accumulation of serous fluid, either locally seated in some of the organs, or diffused through the whole system, and materially interfering with the functions of life.

This disease, as well as all other diseases, has a variety of causes, the most common of which are obstructions caused by sudden cold, when in free perspiration, long

continued labor beyond the strength, the drying up of issues, profuse évacuations ; and, in short, any derangement of the regular order of the circulating fluids, may cause the disease.

Different names are given to this disease when differently located. It is called (Hydrocephalus,) when seated in the brain, which is known by the enlargement of the head, sometimes to a prodigious size, dilation or contraction of the pupil of the eye, at first slow, and afterward exceedingly quick, pulse, squinting of the eyes, the child frequently throws up its hands to its head, is constantly moaning with occasional shrieks, is finally convulsed, and if it longer survives sinks into insensibility.

When it is seated in the chest, it is called (hydrothorax,) which is attended by a difficulty of breathing, especially after exercise, after meals, or when in a horizontal position, dry cough, which after a while is attended with a discharge of thin mucus, and the urine is scanty and high colored. Palpitation, and intermission of the pulse, are also common symptoms. These and other afflicting symptoms continue to increase if not removed.

The other varieties of this disease are easily known by their location. Dropsy in the pericardium (hydro-pericardium) is usually connected with the above. Dropsy in the abdomen (ascites) may be distinguished from dropsy in the ovaria, (asciteovarîi) by passing the finger up the vagina. If in the ovarium, a tumor may be felt on one side which is moveable when in a horizontal position.

In dropsy of the womb, (hydrops-uteri) the enlargement is confined to the region of the uterus, and yields a pressure with a sense of fluctuation, and the urine is not diminished in quantity.

Dropsy of the scrotum, (hydrocele) consists of a collection of water in the coats of the testicle. The tumor increases slowly, with an elastic appearance, and sometimes a fluctuation of water is perceptible. This can easily be known from a rupture, as the tumor does not recede when in a horizontal position, as does the rupture.

The cellular dropsy, (anasarca) consists of an unnatural collection of watery fluid and consequent enlargement throughout the whole system.

In the treatment of every variety of this disease, the object should be to remove the superfluous water from the system, by promoting the natural evacuations, support the strength in the mean time, and improve the health so as to prevent a return of the disease. The wet sheet bath, and heating bandages lightly applied to the part affected, are highly recommended.

Dropsy of the brain requires cooling applications to the head, such as vinegar or spirits, and rain water, or the three combined, to which a little salt may be added, and applied either warm or cold, as shall appear to be most agreeable; or the whole head may be enveloped in several thicknesses of basswood or black maple leaves, kept moist by the vinegar, &c. as above named, or by any other harmless application which may give relief.

Dropsy of the scrotum or testicle, requires frequent fomenting applications to the diseased part, particularly with an infusion of bittersweet, hemlock boughs or smartweed, and the scrotum should be suspended in a linen sack attached to a girdle round the waist. In other respects the different varieties require similar treatment. The first object should be to create and maintain a healthy action at the surface by the application of the wet sheet and friction, or by frequently bathing the feet in alkali or scone-root preparations, (pages 89, 90,) and the whole surface once or twice a day in vinegar and soft water, followed by the use of the flesh brush or soft flannel, rubbing the surface of the body downward, and of the limbs toward the body. This must be done as often and as thoroughly as the health and strength of the patient will admit. Parts which require it, should be supported by bandages. Hydragogue cathartics and diuretics must be occasionally administered; and perspiration promoted by the use of sudorifics. The strength, at the same time, must be supported by the use of sedatives and tonics. Draughts are

important. As a common cathartic, no one probably will have a better effect than the detergent cathartic powders. Dose, one half to a O to be repeated in six or eight hours, until a free cathartic operation is produced, and afterward as the case may require. Cathartic powders and cream of tartar equal quantities, and yellow cathartic powders, are also good to be used as the above. In obstinate cases hydragogue cathartics should be employed, and especially the elaterium. As a diuretic and sedative in this disease, foxglove infusion may be used after the operation and consequent nausea of the cathartic. Or, diuretic tincture may be used as the patient can bear. The diuretic beer may also be used to great advantage. As a sudorific and sedative, the anodyne drops in sudorific infusion may be used. Further to assist as a sedative, a dose of the sedative nerve powders should be taken at bed time. Emetics may be administered once a week if beneficial. Heat often applied to the surface by the vapor bath, or, the wet sheet bath, is of great value. To the above may be added, as occasion may require, either of the articles of Class 11, or the diuretic compounds, sudorifics and such tonics as best suit the case and inclination of the patient, either bitters, sirups, or infusions.

DYSENTERY.

The characteristic symptoms of this disease, are frequent evacuations by stool, which vary in color and consistency, attended with severe griping and tenesmus.— Sometimes the discharge appears like water in which meat has been washed, very fetid in scent, sometimes a frothy mucus with or without being streaked with blood, and sometimes pure blood, and the feces if discharged at all, appear only in hard lumps, from the discharge of which, the patient experiences temporary relief. The causes are, obstructed perspiration, unwholesome diet, night air, damp beds or damp clothes, sudden changes of weather, and it sometimes appears to be contagious in prisons, hospitals, camps, ships, &c. To these may be added the use of impure water.

The treatment should consist of a dose of laxative pow-

ders, the sirup of rhubarb, or an infusion or powder of Indian physic sufficient to operate gently, and mucilaginous injections, followed by sweating remedies, such as anodyne drops, anodyne or sudorific infusion, or an infusion of either of the articles composing Class 24, especially pyrena. Bathe the feet and apply draughts and fomenting applications to the bowels. If this course fail, give an emetic and follow it with astringent injections, especially if there are discharges of blood. After the disease is removed, use the vegetable restorative, or the restorative sirup until health be restored.

EPILEPSY.

In this disease, the patient, if standing or sitting, falls suddenly and perhaps without the least warning, and the whole system is at once thrown into violent spasms, the teeth gnash violently together, by which the tongue is frequently severely lacerated, the eyes are fixed apparently on some objects, and froth mingled with blood, issues from the mouth. Sometimes the fit is preceded by headache, ringing in the ears, dimness of sight, giddiness, coldness, &c., but the paroxysms generally occur in the night, most frequently toward morning, especially in the confirmed stage.

The causes of this disease are various. Blows or wounds on the head, pressure of the circulation to the head, water on the brain, deformity or disease of the skull, violent nervous affection, sudden fright, passion, intoxication, acute pain, worms, teething, suppression of accustomed evacuations, poison, over fullness of the stomach, hereditary predisposition, and derangement of the stomach and bowels, are the most common causes of the disease.

During the paroxysm, nothing more can be done than to keep the patient in as comfortable a situation as possible. The treatment should consist of emetics, mild cathartics, and anti-spasmodics, nervines, tonics and stimulants, used alternately a few days each.

This course has cured a number of cases of this disease, in which other treatment had failed. The exercise must be moderate, and a light supper, if any, is necessary.

ERYSIPELAS. (ST. ANTONY'S FIRE.)

This disease is most frequently induced by a sudden exposure to cold or damp air, while in a perspiration or very warm. It is probable that the system is predisposed to the disease by acrid secretions being retained in the system, which produce a painful stinging, itching, smarting, burning, irritable and distressing sensation.

The surface is of a shining redness; and is sometimes elevated by small blisters, from which exudes a watery fluid, or a transparent, or, a yellow jelly substance is deposited, and sometimes pus. These may also terminate favorably; or ulcers may be formed of greater or less magnitude, and are sometimes very distressing. Deep seated ulcers sometimes form, generally on the leg, from which the disease is sometimes communicated to a wound on a healthy person. This disease, in some cases, affects the eyes and ears, face, head and throat, and is of such fearful magnitude, that without prompt and efficient remedies, will soon bid defiance to the skill of man.

Sudorific remedies, the black drops, the vapor bath and the emetic, are important. A dose of the detergent cathartic powders or other cathartics, should be administered as the symptoms require, and bathe frequently with the erysipelas tincture. Poultices of salted wheat bran moistened with vinegar, or a slice of salt pork should be kept constantly on the throat, and a dose of the black drops administered two or three times a day. In case of ulcers, use poultices, washes, ointments or salves, as necessary. In the chronic stage, use detergents, nervines, &c., in addition. The diet should consist exclusively of vegetables, easy of digestion.

FAINTING OR SWOONING.

This is usually preceded by a distress at the stomach, an unusual tremulous sensation, accompanied with a sense of fullness about the heart, pressure, confusion and giddiness of the head, dimness of sight, cold extremities, &c.

The patient should be placed in a horizontal position and enjoy a free circulation of pure air. Immediately re-

move every obstruction to a free circulation of the blood ; and, if possible, immerse the feet in warm water and rub the extremities thoroughly with warm flannel. Dash cold water on the face with a quick motion from the hand wet in it, or apply camphorated spirits to the nose and blow its fumes into the nostrils ; and, as soon as the patient can swallow, a few drops of the essence of peppermint, or camphorated spirits will give great relief. A dose of bitters, sirup or tincture, may also be administered, if necessary. Those subject to fainting should strenuously avoid every known cause, such as the sight of blood, violent passion or exercise, frightful or disgusting sights or odors, confined air in a warm room, crowded assemblies, intense study, &c. The health should be improved by bathing in the morning, (page 83,) and by useful employment.

FEVER.

The term Fever is applied to all diseases in which there is a greater degree of heat in the system than in a state of health, and this increased heat is usually spoken of as the origin of the disease, when in fact, it is only one of the symptoms of diseased action.

The heat of the system is maintained and the circulation of the fluids invigorated by the oxygen received into the blood in its passage through the lungs, and by the absorption of caloric at the surface. When the operations of nature are duly performed, the influence thus obtained is only sufficient to preserve a due temperature of heat, to invigorate both solids and fluids, that they may regularly perform their functions.

When these regular operations of nature are prevented by obstructions, the heat is retained in the system, which, in a state of health passes off at the surface insensibly ; and the heat is greatly increased by the extra quantity of oxygen inhaled in consequence of the hurried breathing, and by the extra quantity of caloric absorbed at the surface in consequence of the dryness of the skin, and the increased excitability of the nervous system. The circu-

lating fluids. too, at once become vitiated for the want of regular action, and of course, the secretions and excretions are unhealthy.

When obstructions prevent the fluids from performing their regular functions, alternate chills and heat will be experienced until the obstructions are removed, either by the operations of nature unassisted, by the assistance of remedies, or until the excitement shall increase sufficiently to maintain the power of heat, which is called a settled fever. It is a well established fact, that more passes from the system by insensible perspiration than by all other evacuations combined; therefore the excessive pressure throughout the system, dullness and inactivity of body and mind, pain, a quick full pulse, hurried breathing, &c., are easily accounted for, when this important evacuation is retained by obstructions. Does this state of things show an increase of the blood which requires an evacuation by the lance, of that vital fluid? and that the obstructions must be treated as if they were some monstrous animal which must be brought to terms of submission or to death, by the agency of deadly poisons?

If a man in a state of health could swallow poison with impunity, and lose his blood without debility, it might do to resort to poison and bloodshed for the removal of disease; but this, instead of removing the disease from the patient, takes the opposite direction and removes the patient from the disease. Is such practice the legitimate offspring of science, reason and philosophy? Tell it not. It is in direct opposition to the laws of nature, and, consequently, a prolific source of debility, disease and death. In a case of fever, three important considerations present themselves, viz: the obstructions at the surface, the restlessness and pain, and the vitiated state of the fluids in consequence of diseased action.

If by any means the obstructions are removed, restlessness and pain cease, and vitiated accumulations are thrown off in copious evacuations, either by perspiration, by stool, or by urine. Nature would not often fail of this

spontaneous crisis were she left to herself ; but when in addition to the disease, her powers are enfeebled by irritating prescriptions, blood letting, &c., nature is thwarted in her designs, and of course inadequate to the task assigned her by the interposition of art.

Cases in which there is an excessive continuation of heat, dryness of the skin, quick full pulse, pain in the head and back, thirst, pressure at the stomach and throughout the system, hurried breathing, &c., appears to indicate the necessity for definite and prompt remedies. In a case of this kind, the wet sheet bath is recommended as a remedy of the first importance and utility, and its application is certainly sanctioned by philosophy, as it prevents in a great degree, the absorption of caloric at the surface, tranquilizes, and if persevered in, removes obstructions by sweating.

In slight cases, a few doses of fever powders and sudorifics are sufficient ; but in a severe attack, if the wet sheet bath is not adopted, bathe the feet and apply draughts, (pages 89, 92,) and administer sudorifics, and in case of much pain give also the anodyne drops or powders. Give also a quarter of a dose of detergent cathartic powders, the cathartic powders, cathartic infusion or mandrake, Class 8, once an hour or two. The whole surface should be bathed in the alkali preparation, or pure soft water either cold or warm, as shall be most agreeable to the patient, once in four or six hours at most. Should this course fail to arrest the progress of the fever, after the operation of the cathartic has subsided, administer the anti-bilious or other fever powders, in connection with the sudorific medicines, bathing, draughts, &c., and if the fever continue after pursuing this course for twenty-four hours, give an emetic, (page 73,) which should be followed by the cathartic, fever powders, bathing, &c., if necessary. Cold water may generally be freely drank, to which may be occasionally added lemon or other conserve. For local pain in the back, side, &c., foment the part with hops or other applications. (See page 89.) This course will very

soon remove the disease from the patient and leave him in the enjoyment of health.

In hearing cases related of patients lingering week after week with one fever after another, I am reminded of the decision of a coroner's jury "down east," who were called together to inquire into the probable cause of the death of a man found drifted ashore, whence he was carried to a store house for examination the next day. After examining all available testimony in the case, the jury decided "that the man fell from a mast and was killed, that he then fell overboard and was drowned, that he drifted ashore and was froze to death, was then carried to the store house where the rats eat him up alive."

In the typhus fever, which is characterised by stupor, the symptoms first appear in a mild form, from any cause calculated to debilitate the system and impair digestion; but is more frequently the result of removing the patient from the disease in case of a simple fever.

The countenance is pale and dejected, the eyes dull and heavy, tremor of the extremities, sense of weariness, oppression of the chest, nausea and vomiting, pain in the head and back, giddiness, confusion of intellect, prostration of strength, and faintness when an attempt is made to sit up. The tongue is dry, at first white and afterward coated with a dark brown fur, yet the patient does not often complain of thirst, gums red, dry and coated with mucus, and teeth crusted. The pulse is feeble, frequent and irregular. Cold clammy sweat may appear upon the back of the hands, while on the inside and on every other part of the surface the skin is dry and contracted. Spasms may be frequent in various parts of the body, loss of sleep, delirium, and sometimes a cough attends with bloody expectorations. These, and other symptoms, continue to increase sometimes for weeks, with an entire prostration of muscular, mental and nervous energy. When it terminates favorably, it generally subsides about the fourteenth or fifteenth day by diarrhoea or perspiration, and it sometimes continues thirty or forty days and then subsides

without any visible crisis. In this disease, the use of the wet sheet bath is strongly indicated. Otherwise, in order to effect a cure in this disease, a mild yet thorough cleansing course both internally and externally, must be pursued. The emetic should not be repeated if an unfavorable effect is produced, in which case the main dependence must be placed in the use of cathartics, antibilious fever powders, sudorifics, bathing applications and draughts, as previously recommended for fevers, and in case of pain in the head, or derangement, the cathartic infusion should be preferred to other cathartics. In the sinking stage of this disease, wine or brandy and water may be administered, so as to keep up the pulse. The internal use of anti-septics, in some cases, is highly important. (Class 4.)

Spotted Fever.—Though the leading features of this disease were always similar, yet there was a great variation in the symptoms. Some were seized with a violent pain in the stomach, joints or limbs, and in some cases the pain was confined to a single point, even to a finger or toe. Some shook violently, yet were not sensible of cold; some were at once deprived of sight, some of hearing; others were unaffected in those organs. Some were affected with palsy of some members, or strange numbness in some part, others, with raving delirium, mirthfulness, unusual shrewdness, snoring lethargic sleep from which nothing could arouse the patient, and a sense of sinking without the least apparent concern. These, and many other symptoms have been witnessed, while this awful malady prevailed.

When the spotted fever prevailed, sweating remedies, (and an infusion of hemlock boughs was extensively used for this purpose, both internally and for fomenting applications externally,) saved many from the grave, while depletive prescriptions, as in most malignant diseases, hurried on the disease to a fatal termination. It is highly probable that the anodyne drops and powders, as well as many other cleansing and sudorific remedies named in this work,

would be invaluable auxiliaries. In all cases of fever or other diseases attended with symptoms leading to putrefaction, a strong infusion of smartweed or pyrena, brewers yeast and charcoal, may be freely used internally and externally, or in poultice, in connection with such a part of the directions already given, as the case may appear to demand. Cathartics, sudorifics and bathing applications are always important in fevers. Emetics are safe when a free perspiration at the surface can be easily maintained, and are also important to cleanse the stomach, and in some cases, to produce perspiration.

Remittent Fever is that form of fever in which "one paroxysm succeeds another so quickly that the patient is not without some degree of fever" for from two to eight days, when a partial crisis by sweating takes place called a remission, by which the patient is greatly relieved for a short time, when the symptoms again return. This happens however, only when the proper remedies are not used. It is called

Billious Remittent when the discharges by vomiting and stool, and the system generally has a billious appearance. This fever is produced by the same causes as the intermittent fever, and requires similar treatment, except that in this, a more free use of emetics, cathartics and tonics are necessary.

The *Chill Fever*, as it is called, is also produced by the same causes and requires similar treatment, except that this generally requires a more free use of stimulants in addition to the above.

FEVER SORE.

This commences on the bone with an obtuse pain, which increases and sometimes rapidly and seriously affects the whole system with common symptoms of fever. The swelling in the diseased part, is attended with redness, great inflammation and sensitiveness, and the patient experiences severe chills.

The cold or refrigerant bandages, (page 84,) should be applied with persevering diligence so long as heat and

pain remain ; after which the German or other liniments may be applied once in four or eight hours.

The general health must be improved by the use of such remedies as the symptoms may require. The detergent sirup and accompanying wash must be used as soon as inflammatory symptoms shall be subdued and continued until the symptoms subside. Blue clay moistened with vinegar, or warm fresh meat are good applications, when they are necessary to subdue inflammation.

FITS AND SPASMS.

A few brisk magnetic passes will generally control fits and spasms. These sometimes occur unattended with a regular train of symptoms or other appearance of diseased action.

In such cases, the anti-spasmodic tincture, nervine tincture, and vegetable anti-convulsive, are invaluable.—These should be assisted by bathing the feet, the warm bath, draughts, &c., and fomenting applications to any part which might appear particularly affected. Use medicine to improve the health, with which the wet sheet bath, in most cases, will prove a valuable auxiliary.

GENERAL DEBILITY.

Languor and universal debility sometimes prevails, when no particular disease can be traced as the cause. The patient is not usually afflicted with pain, nor is appetite wanting, yet a sense of trembling, prostration and fatigue is experienced after exercise, even though it be but trifling.

Administer the anti-dyspeptic bitters, until a free cathartic operation is produced, when the vegetable restorative or restorative sirup or other tonics should be used for five or six days, and then change to the bitters as before, and use the bitters or other laxatives and tonics alternately five or six days each. If other symptoms occur, meet them with their appropriate remedies. The anti-bilious or other preparations of beer, may also prove highly beneficial. The wet sheet bath, or shower bath, every morning, will prove valuable auxiliaries.

GOUT.

Different names are given to this disease when differently located. It is called regular gout when the swelling and inflammation is confined principally to the joint of the great toe or other small joints, and finally disappears without materially impairing the health otherwise. It is called retrocedent gout, when the pain is suddenly transferred to the head, the lungs, the heart or the stomach; and, misplaced gout, when instead of producing inflammation and pain in the joints, seats upon some internal part, giving rise to symptoms which attend the inflammation of those parts from other causes.

This disease sometimes comes on suddenly, and at other times is preceded by unusual coldness of the lower extremities, and sometimes a pricking sensation is experienced in those parts. Flatulency, nausea, dejection of spirits, a sense of excessive fatigue after slight exercise, costiveness and pale urine, are premonitory symptoms. Females and men under thirty-five or forty, and those who labor, and live on plain, simple food are seldom afflicted with the gout in any of its forms.

A free indulgence in the use of animal food, highly seasoned delicacies, spirituous or fermented liquors, and a want of active exercise, are the chief causes of this distressing malady.

When this disease is transferred to, or seated in the head, violent pain, giddiness, and perhaps apoplexy or palsy may be the consequence. If to the lungs, an affection similar to asthma. If to the heart, fainting and palpitation. If to the stomach, eructations, nausea, vomiting, dejection, want of energy, cramp, and sometimes obstinate costiveness and sometimes a relax. .

This disease usually comes on in the night, and after enduring excruciating pain for a number of hours the patient falls asleep, and on awaking finds the diseased part swelled and inflamed, yet, comparatively, free from pain. If the disease approximates to a favorable termination, the paroxysms return with less severity, and finally go off en-

tirely by perspiration or free evacuations otherwise, and leaves a degree of lameness. In the treatment of this disease, the natural evacuations must be promoted. Bathe the feet in a decoction of scoke root or other preparations, (page 89,) and apply draughts or poultices, or nervine or other liniment to the diseased part, and keep it shielded from the air. The stomach and bowels must be cleansed by emetics and cathartics, and diuretics and sudorifics employed as freely as the strength and circumstances of the patient will admit. The wet sheet bath, as a valuable auxiliary, cannot be questioned.

In order to avoid a return of this disease, the patient should adopt a plain simple diet at proper intervals, and have regular hours for rest, and useful, active employment.

GRAVEL AND STONE.

By the term gravel is understood a collection of sand-like particles in the urinary organs and passages, which seldom unite in large bodies; and by the term stone is to be understood the formation of calculous concretions in the kidneys or bladder, which when formed, are constantly increasing in size, by an accumulation on their surface.

A stone in the bladder is known by the pain while passing urine, especially when the discharge ceases, and after; frequent inclination to void urine, great difficulty in discharging it, and by its stopping suddenly when free; a violent pain while riding on horseback or in a jolting wagon, by a thick mucous sediment, or blood discharged with urine; by an inclination to go to stool while passing urine; by a more free discharge of urine while in a horizontal than in an erect position, by the testicles being drawn upward, and one or both thighs benumbed, and by a sense of weight or a dull pain in the back, &c. The mode of treatment adopted should be calculated to improve the health, in addition to which, while afflicted with the stone, use the black drops, mucilaginous drinks, diuretics and foaming applications to the bowels.

For further directions in this complaint, see Class 18.

HEADACHE, UNATTENDED WITH INFLAMMATION.

This afflicting complaint is caused either by foul stomach, costiveness, obstructions or a pressure of blood to the head, a want of or too much sleep, intense application to study, &c. When caused by foul stomach, the cathartic infusion or an emetic or both are proper; when by costiveness follow the directions given for that complaint; if by obstructions in the head use errhines, (class 15,) if by a determination of blood to the head the stimulating bitters should be used; if by debility it is called nervous or sick-headache, and for this variety the headache drops have proved a sovereign remedy in many cases. If by the want of or too much sleep adopt regular hours for rest and exercise, if by intense study engage in useful and active employment and study less.

Bathing the feet (page 89) and bathing the head with cold water or the anodyne tincture, are of great value in every variety of headache. Also, Davis' stomachic pills.

HEARTBURN.

This distressing complaint is caused by acrimonious fluid in the stomach, and may be excited by irritating substances or fluid received into the stomach, while the stomach is thus predisposed to the complaint. Cleanse the stomach with cathartics and emetics, each once a week and use antacids, (class 2) or the laxative powders, as the case may require. Magnesia taken so as to move the bowels gently is an invaluable remedy. This complaint when severe is very afflicting, and requires prompt attention.

HEPITALGA.

This is a disease to which females are liable while in the prime of life, who are compelled either from ambition or necessity to labor beyond their strength. The first symptom of the disease is a fixed pain a little to the left from the pit of the stomach, to the stomach, and, finally to the whole system, prostrating the strength and causing dyspeptic symptoms and those of general and nervous debility. The disease is caused by exerting the muscles to

action beyond what they are able to endure, or rather by continuing such action. This disease is exceeding hard to cure, especially without the greatest degree of quietude and freedom from care, anxiety and labor. Therefore the first symptom of the disease should bid the patient beware of the danger which the constant exercise of the muscles will create, and adopt lighter employment. A strengthening plaster should be worn on the part affected, which should be removed once or twice a day while the part is bathed with the anodyne tincture or nervine liniment, or with each once a day. Symptoms of dyspepsia, debility, &c., must be treated according to the directions given for the cure of those diseases. I have found the wet sheet bath a valuable auxiliary in this as well as other diseases attended with nervous debility.

HICCOUGH.

This is a spasmodic action of the stomach and midriff. It is sometimes caused by overloading the stomach either with food or fluid—strong drink in particular; by wind in the stomach, or, by internal inflammation.

If caused by over-fulness of the stomach either by food, wind or weak fluid, a dose of some stimulating preparation in spirits will generally afford immediate relief. A full draught of cold water is also very good; or, a sudden change in the mind. Inquire of the afflicted individual whether it does not hurt him to make such a noise, or any other simple question concerning the hiccough, or interest the mind deeply in any way, and the spasm will generally immediately cease. If by the use of strong drink, a full draught of new milk will not often fail to stop the spasm.

The worst case of hiccough I ever knew from internal inflammation, was instantaneously relieved by a draught of the infusion of the cuckold leaves given for another purpose, after every trial to stop the spasm had proved fruitless—mild means calculated to subdue inflammation are probably the only proper remedies in such cases.

HOOPING COUGH.

This is a contagious disease and is characterized by a

loud hooping sound in drawing the breath while coughing. A free use of expectorating medicines is strongly indicated in this complaint, in as much as vomiting affords relief. From two to six drops of the anti-spasmodic tincture, or from six drops to half a O of either kind of cough drops should be given once in six or eight hours in an infusion of catnip or chamomile, after being dropped on sugar. The alterative cleansing powders or other expectorants, (see class 16,) and sirups may be advantageously used, and an emetic occasionally may be of great importance. The bowels should be kept loose by the use of laxatives, but active cathartics should not be employed. Some good mothers speak very highly of the application night and morning of soft oil between the shoulders and over the lungs; others apply sticking plasters in those places. Both are attended with benefit. It is outrageously inhuman to permit your tender offspring to cough until it faints away without doing something for its relief.

HYPOCHONDRIA.

The characteristic symptoms of this complaint are the apprehension of great danger without sufficient cause, such as fear of poverty while blest with abundance; of approaching death, &c. Sometimes, too, the imagination leads its victim to conclusions still more absurd, the reality of which must be admitted in order to facilitate a cure, of which the following from Ewell's Medical Companion is an illustration:

“Mr. B. had for a long time been laboring under the awful sensations caused by the hypochondriac affection, and on being inquired of by his physician concerning his health, he declared that he had died at twelve o'clock the preceding night. This being admitted by his physician and friends, poor Mr. B. voluntarily entered his coffin, and was carried to the grave yard. On the way, the procession was met by a number, who, on enquiry, were informed that it was poor Mr. B., and all declared their joy at the death of so infamous a character. At length, Mr. B., finding himself the subject of the most vile epithets,

and that his death caused so much joy to all who were made acquainted with it, concluded to bear it no longer. He burst the lid from his coffin, made a pass at the calumniator of his character, when a race commenced, from which Mr. B. returned to his house, where he lived for many years without the least return of the disorder.

Another man fancied that he had a bottle growing from the end of his nose, and would not be persuaded to the contrary, either by the reasoning or ridicule of his physician or friends. A physician on hearing the particulars of the whim, who lived at a distance, purchased a bottle corresponding in size with the imagined one, and proceeded to effect a cure. On entering the room in which the patient was confined, he affectedly expressed great astonishment at seeing a bottle at the end of a man's nose. The sufferer was greatly delighted to find that another person could realize how much he suffered, and earnestly entreated for relief. He readily consented to be blindfolded when the doctor applied the bottle to the nose, and gave it such a twist as to lacerate the affected part, and the cure was thereby effected to the great joy of the patient.

Another man, on whose case the attending physician had exhausted his skill without benefit, had frequently urged upon him the importance of his taking a journey, but this he could not prevail upon him to do. At length the doctor informed him that there was a physician in a certain city, about sixty miles distant who was very noted for his skill in such complaints; and as his business was very extensive, he could not be persuaded, under any consideration, to leave the city in which he resided, and, therefore, advised him to lose no time in availing himself of his skill, which he considered his only hope. The patient finally yielded to the proposal, and on arriving at the proposed city, made diligent inquiry for the celebrated doctor, but he could not be found. Day after day was spent in fruitless exertions, until he became satisfied that no such person was known in the city. He then return-

ed eager to wreak his vengeance on the doctor, for the imposition he had practised upon him; and, on arriving at home caused him immediately to be called in, when he inquired of him why he had abused him so. Why do you accuse me of abuse, says the doctor, you are well, are you not? Yes, but no thanks to you, was the stern reply. To this the doctor replied—"sir, I had prescribed for you until I found I could not help you, and I could not prevail upon you to travel, until I persuaded you to go for the sake of visiting a celebrated physician. By this you were encouraged to take the journey, and your anxiety to find the doctor kept up your spirits; and on your return you have been equally anxious to scold me. Your journey, sir has greatly benefitted you, in which I heartily rejoice."

The medicines used in this complaint must be mild and soothing. Obviate costiveness, debility, &c., by appropriate remedies. (See directions.) Change of scenery, diverting employment and agreeable companions are indispensably necessary in this complaint.

When a man sits down to brood over troubles with which he is unacquainted, except in imagination, he exhibits himself as a victim to his own folly. It were better to brave a thousand real misfortunes, than be depressed by one either real or imaginary. Persevering diligence in useful employment, will in most cases, out-ride the storms of adversity, and secure a competence of this world's goods; prevent any desire to blow out your own brains; to hang yourself up as a fool, or, of taking passage to another world by water.

HYSTERIC.

The peculiarities of this complaint, which appears only in the female sex, are, a sense of suffocation, by an imagined ball rising in the throat, a rumbling noise in the bowels, difficulty of breathing, and sometimes the breath stops for minutes together either with or without spasms. Sometimes the breathing cannot be perceived for an hour or more, while the pulse are regular. Alternate fits of

crying and laughing, stupor, temporary delirium, and a thousand and one other symptoms which are never advertised in advance of their appearance, will harass the patient, which, however dreadful they may appear, are seldom accompanied with danger.

In the time of the paroxysm those present should see that the patient is in a comfortable position, where she can enjoy a free circulation of air, with her head a little elevated; that the circulation is not obstructed by tight lacing or by articles around the neck, and that she shall not be permitted to bite herself or others, or pull out her own hair, and if possible bathe the feet. (Page 89.)

From one to six drops (or even two or three times that quantity if the stomach can bear it) of the anti-spasmodic tincture may be administered and repeated so as to produce vomiting even in the time of the paroxysm, or at any other time, will always prove beneficial.

It may be necessary to repeat this or the emetic once a week. The nervine tincture or other nervines (see class 20) and tonics, laxative powders, or other laxative preparations must be used whenever they are necessary. Change of scenery and agreeable company are very important, in all cases of this complaint.

In attempting to restore health, the wet sheet bath is an invaluable auxiliary. For faintness or stupor, sprinkle cold water with a quick motion freely in the face, and the colder the water the better; or apply camphorated spirits to the nose and blow its fumes into the nostrils.

INCONTINENCE OF URINE.

This complaint consists in an inability to retain the urine for any length of time, which often subjects the afflicted individual to great inconvenience and sometimes to severe affliction.

The utmost pains should be taken to prevent children from wetting the bed; for, if they are indulged in this until the habit is formed, and continued until the texture of the bladder becomes firm, it will rarely, if ever expand to its usual size, and this would create a serious inconvenience

through life. A paralytic condition or debility of the sphincter muscle of the bladder, calculous concretions in the bladder, the excessive use of ardent spirits, and the practice of onanism may be the cause. It may also be caused by want of sufficient exercise. Total abstinence from any cause calculated to increase or continue the difficulty must be strenuously observed. A plaster must be worn on the small of the back, and the back and loins frequently bathed with the anodyne tincture or strong astringent infusions, or both alternately. On retiring to rest, take a \bigcirc of the urinary powders for a week. The next week take a \square of tansey juice in a gill of new milk every morning. These repeated for a few weeks, have proved a remedy in a number of cases. Three ounces of red beach bark tinctured in a quart of wine, is highly recommended.

Dose one to four \square s before meals. For a child, from a \bigcirc to a \square .

INCUBUS—NIGHTMARE.

This is an afflicting sensation which comes on while the individual is in a state between sleeping and being awake, and is distinguished from a dream by a sense of weight upon the chest or limbs by some imagined animal or heavy substance from which great danger is apprehended, without the least power to move. The afflicted individual is sometimes sensible of the cause of distress, and utters a frightful incoherent noise. The sufferer must be aroused by being shaken, and sometimes repeated efforts are required.

No age or sex are exempt from this awfully afflicting sensation. This is caused by a want of action in the circulating fluids, and is speedily relieved and often cured by the use of the stimulating bitters. A few potions of physic also, are sometime necessary.

A gentleman in the county of Allegany informs me that he, by the advice of a friend had suspended a piece of broken saw plate (any bright piece of steel will answer,) by a string to the headboard of his bedstead, some two or three years previous; since which, neither himself or

wife had been in the least degree afflicted with incubus except when absent from home.

INFLAMMATIONS.

Inflammation of the Lungs.—This disease is produced by severe cold seated upon the lungs, attended with pressure and pain in the chest, difficulty of breathing, a dry, hard cough, dryness of the skin, heat and thirst, and the pulse are quick, strong and full. As the disease advances the pain becomes seated in one side, the difficulty of breathing increases, and especially if an attempt be made to rest in a horizontal position. Coughing or drawing a full breath greatly aggravates and increases the pain. If the inflammation be not speedily arrested there is danger of suffocation from an effusion of blood into the cellular substance of the lungs which is preceded by a fulness in the vessels of the neck, and the face will alter to a purple color, which before, perhaps, had been free from any material change by the disease.

This termination of the disease takes place between the third and seventh days from the attack. It may also terminate fatally by suppuration or gangrene, if the disease be not properly treated in the first stage.

A suppuration is preceded by frequent slight chills, a mitigation of pain and a sense of fulness in the diseased part, and the patient can rest upon the affected side without material uneasiness. These symptoms attended with a high degree of fever, and perhaps delirium, difficulty of breathing, acute pain, pale, ghastly countenance, and sinking, irregularity of the pulse denote a fatal termination of the disease.

Symptoms which indicate a favorable termination of the disease, are, expectoration of white or yellow matter slightly streaked with blood, a free perspiration over the whole surface, a free discharge of urine, free evacuations from the bowels; and, a hemorrhage from the nose is not uncommon..

Treatment :—In order to give relief as speedily as possible, the wet sheet bath and bandages should be employed

at the first appearance of the disease ; otherwise, make a free use of the anodyne infusion, sudorific infusion, or other sudorifics. (Class 24.) Employ also nauseating doses of the anti-bilious or other fever powders, and bathe the feet in the alkali or smart weed preparations, or both combined. The bathing should be continued for at least half an hour, when draughts must be applied and often renewed. Should these means fail to produce a free perspiration after a few hours perseverance in their use, the anodyne drops or the anodyne powders may be administered in connection with the infusion, bathing, &c., instead of the fever powders and bathe the whole surface in the alkali preparation and repeat it once in four or six hours. Cough powders or other expectorating medicine must be freely administered. Administer also one-fourth of a dose of the detergent cathartic powders, cathartic powders, or mandrake, once in four hours until a free cathartic operation is produced ; or if the pain in the head be severe, the cathartic infusion should be preferred. Injections should be used to move the bowels if necessary, instead of active cathartics, after a free cathartic operation is produced. An emetic may be administered once in three or four days at any time when a free perspiration can be maintained over the whole surface. It must be borne in mind, however, that the operation of cathartics and emetics must be administered at sufficient intervals from each other, that great debility may not follow their use. If the cough be severe the anodyne cough powders, or other preparations for cough may be administered at any time from two to four hours, so as to allay the irritation of the lungs. Inhaling the vapor of vinegar or bitter herbs, or even of pure water, is highly recommended to remove the tension of the lungs, and promote expectoration. Mucilage of flax seed or slippery elm, to which a quantity of lemon conserve may be added sufficient to give it a slight acid flavor, will be found a cooling and pleasant beverage for a constant drink. The demulcent compounds may be of great importance in this disease.

A mustard plaster or fomenting applications should be applied to any part where pain shall become seated.

Cough sirups and tonics may be advantageously employed after the inflammatory symptoms shall have subsided. All cases of internal inflammation except those for which particular directions are given, require sudorifics, bathing and fomenting applications, cathartics and emetics. as above directed.

Inflammation of the Intestines or Bowels, is characterized by acute pain in the bowels greatly increased by pressure, passing round the navel with a twisting sensation, obstinate costiveness, which, by its long continuance is the chief cause of the complaint, nausea and vomiting, high colored urine, quick, hard, and contracted pulse, heat and great prostration of strength, &c., and requires the feet bathed, and fomenting applications, or, a mustard plaster to the abdomen, and a dose of cathartic powders or other cathartics administered, the operation of which must be encouraged by the use of mucilaginous or cathartic injections. After relief be obtained, avoid stimulating food or medicines until the powers of nature shall be measurably restored. The use of diaphoretics, laxatives and tonics must be continued until health be restored.

Inflammation of the Peritoneum will require similar treatment.

Inflammation of the Kidneys and Bladder.—Inflammation of the Kidneys is characterized by pain in the kidneys which varies from dull to acute and extends along the ureters, pain in the small of the back, more or less fever, frequent discharges of urine in small quantities, of a high red color, pain in the groin and testicle of the side affected, and the thighs feel benumbed; and, in the chronic stage, heat and pain are experienced in the loins. The stomach is more or less affected with eructations, vomiting, &c.

Inflammation of the Bladder is characterized by an acute burning pain and tension in the region of the bladder and urethra, a constant desire to void urine, attended

with partial or total suppression, a frequent inclination to go to stool, uneasiness, heat, quick, hard pulse, and sometimes sickness and vomiting. In the chronic stage these symptoms are very afflicting, and mucus or blood is frequently discharged.

These diseases require sudorifics, bathing and fomenting applications; and, diuretics, nephritic. &c.; also, cathartics.

Inflammation of the Stomach is characterized by a burning heat, pain and distension of the stomach after receiving any substance into it, eructations and vomiting, hic-cough, cold extremities, hard and quick pulse, pain increased by pressure, excessive thirst, and, difficulty of swallowing attended with difficulty of breathing. Syncope and fits are not uncommon in this disease.

Bathe the feet and use fomenting applications over the stomach. A mucilaginous drink composed of the powder of blue violets or slippery elm may be used in small quantities neither hot nor cold, but as near lukewarm as the patient can relish it. A small quantity of the barberry, lemon or other conserves may be added, provided it does not increase the pain. The mustard plasters may be applied over the stomach and between the shoulders if necessary. The nourishment should consist of gruel, coffee or toasted bread, weak chicken broth, and liquid preparations of mucilaginous vegetables.

Inflammation of the Spleen is characterized by tumor, heat and pain in the left side, increased by pressure, and a shivering succeeded by intense heat and thirst. Cathartics and sudorifics must be used internally, and bathe the part affected with cayenne infused in vinegar or water, or tinctured in spirits, and apply a mustard plaster if the inflammation does not subside by the use of fomenting applications, &c.

INFLUENZA.

This is an epidemic disease, and sometimes prevails extensively both in Europe and America.

It commences by sneezing, coughing, hawking and chills, succeeded by heat, hoarseness, soreness and rawness

of the throat, lungs and stomach, expectoration of mucous, pain in the head, chest, back, and shoulders, eyes red, great debility attended with difficult expectoration.

This disease seldom proves fatal if judiciously treated.

The sudorific course should be adopted, not forgetting the wet sheet bath in order to promote perspiration. Nauseating doses of the anti-spasmodic tincture should be administered, and if necessary the anodyne cough drops, or other cough medicines will soon effect a cure.

The use of tonics may be necessary if the case be severe.

INSANITY.

The proposed limits of this work must necessarily exclude a detailed account of the causes, symptoms and mode of treatment for derangement of mind, yet a few words upon the subject may not be unimportant.

All intercourse with a lunatic must be dictated by kindness, respect, justice, truth and decision of character. Change of scenery, music, diverting exercises, traveling with or otherwise associating in agreeable company, and every thing calculated to divert the mind, is important.—Bodily infirmities and diseases must be treated with appropriate remedies as in other cases.

ITCH.

This troublesome disease is easily communicated by contact with a diseased person; by wearing the same clothes, or, by sleeping in the same bed; the effect of which, is fully to illustrate the active verb to scratch. A small dose of alterative detergent powders should be taken two or three times a day, particularly at bed time, so as to move the bowels gently, and apply the itch ointment to the diseased part night and morning. Use both kinds if necessary. When the disease has been of long standing use also the detergent infusion.

JAUNDICE.

This disease is characterised by a yellow appearance of the eyes and skin, high colored urine, bitter taste in the mouth, sleepiness, or excessive wakefulness, a sense of

weariness, and particularly in the joints of the lower extremities after exercise, especially after going up stairs.

The anti-bilious infusion and anti-bilious fever powders should be used for three or four days, when a dose of anti-bilious pills or cathartic powders must be administered, and an emetic may also be important. Repeat this course two, three or more times, as the case may require, and then use the jaundice bitters or anti-bilious beer. Both may be necessary. Excellent remedies for jaundice may also be found in Class 3. Finely pulverised soot two parts, and black pepper and salt one part each, is an invaluable remedy. Dose, one or two \bigcirc s in a \square of vinegar three mornings in succession; skip three alternately, until it has been taken nine mornings.

LETHARGY.

This is characterised by unconquerable sleepiness without regard to time or place.

For a remedy, cleanse and regulate the stomach and bowels, by cathartics and emetics, and regulate and equalise the circulation of the fluids by the use of the anti-dyspeptic and stimulating bitters and vegetable restorative.

LOCKED JAW.

This is generally in consequence of a deep wound with a small instrument, such as the tine of a pitch fork, or even a cambric needle is capable of producing the affection with all its horrid appearances and consequences. It may also proceed from an unhealthy condition of a large wound, and sometimes comes on without any visible cause. The worst case of this kind I ever witnessed, was caused by a common sized sewing needle which slipped from the top of the thimble, entered at the end of the third finger near the corner of the nail, passing along near the edge of the nail about $\frac{3}{4}$ of an inch and broke off, leaving the intruded substance entirely out of sight. I immediately prepared two small mats of the tow of flax, which I wet with a strong preparation of anti-scorfulous tincture, and bound them on each side of the face where

the muscles were most contracted, and the spasms immediately abated and did not return. I then made an application of oyster shell lime moistened with the anti-scorfulous tincture to the finger, and on removing it next morning, the piece of needle was in it. The wound soon healed and no farther difficulty ensued.

LUMBAGO.

This is a rheumatic affection confined to the small of the back and loins, and requires similar treatment to that directed for rheumatism.

LUMBAR ABSCESS.

When a deep seated tumor forms in the loins, or from diseased action in that region, it is called a lumbar abscess, which in some instances is preceded, for a long time, by a dull pain and excessive weakness, and the swelling is so gradual in most cases, as to give no great cause of alarm until ulceration has taken place, which is soon manifested by a fluctuation of matter when a quick motion is given to the tumor.

In the forming stage, the use of the alterative detergent powders or detergent cathartic powders as freely as the patient can bear, without debilitating the system, in connection with the detergent infusion or other detergents, and especially the alterative detergent sirup, alternately three or four days each, together with the wet sheet bath; and bandages to the affected part may prevent ulceration. But after ulceration has taken place, or should it appear inevitable, the tumor should be poulticed and brought to a discharge as soon as possible, and if deep, it should be lanced. Then apply such poultices, washes, salves and ointments, as will cleanse and heal the ulcer. Such detergent and other medicine must be continued, as will cleanse the system and restore the health.

MEASLES.

This is a contagious disease which appears in an eruption of a darkish red color, first in the fauces, then on the forehead and face, gradually extending downward over the whole system, and when it arrives at the feet, it be-

gins to disappear on the face. The eyelids and eyeballs appear swollen and watery, and exceedingly sensitive to the light. The patient is afflicted with a severe cough, which is attended with a distressing soreness of the throat and lungs, hoarseness, difficulty of breathing, great heat of the skin, and drowsiness. These symptoms are usually preceded by those of an approaching fever. In many cases of this disease however, it appears in an exceedingly mild form, with but little more than the eruption to denote its influence.

There is but a very short time that this disease can be communicated from one to another, and that is supposed to be before its appearance externally. In the mild form of this disease, all that is necessary is to guard the patient against taking cold, and a potion or two of physic, while the eruption is passing off; but should not the eruption appear on the fourth or fifth day of the symptoms, or should it disappear by taking cold, or in case of great distress for breath or pressure of the stomach, bathe the feet, make a free use of the sudorific infusion, and administer an emetic as soon as possible; all of which must be repeated as occasion may require. The anodyne cough powders, cough drops, cough infusion, or cough sirup, may be used for the cough if necessary, and costiveness, fever, &c. if present, may be met with their appropriate remedies.

After the eruption in passing off, gets below the vitals, a few potions of physic at proper intervals, is important to clear the relics of this loathsome disease from the system. The after effects of this disease upon the constitution when not properly treated, is far more to be dreaded than the disease itself; for, although the patient may apparently recover health, still a severe cough, inflammation of the eyes, a chronic diarrhœa and dropsy, sometimes follow in train of this disease, all of which require to be promptly met with their appropriate remedies.

I was called to visit a lady whom I found very much distressed for breath. The eruption had not appeared except in a slight degree upon the forehead. I gave sudo-

rific infusion, which I soon followed with the emetic, and as soon as a nauseating sensation was produced, the breathing was perfectly free and easy. The emetic cleared the stomach of an immense quantity of matter very filthy in its appearance. A few hours after the distress for breath returned, and I administered another emetic, and the next morning another, making three full emetics in twenty-four hours, and each apparently with increased benefit. She was soon restored to a better state of health than she had enjoyed for a number of months. Two months after having the measles, she gave birth to a fine healthy son, and afterward gave much credit for the great benefit she had received from the use of emetics, while she supposed death was inevitable.

MILIARY FEVER.

"This fever derives its name from the small pustules or bladders which appear on the skin, resembling in shape and size the seeds of millet." These are preceded by a cold, hot and sweating stage. A sense of pricking in the skin precedes the sweating stage, and the exhalations are of a strong disagreeable scent. The eruption first appears on the neck and breast, and spreads over the whole body, accompanied with restlessness, burning heat in the palms of the hands, white appearance of the tongue and sometimes delirium, and when it occurs in childbed the milk and other discharges generally cease. When the pustules which are of a red or white color begin to appear, these symptoms gradually abate, the pulse become more full and soft, the skin moist, the exhalations more fetid, and the evacuations return, and after a few days the eruption goes off leaving behind a troublesome itching.

In this, as well as all other eruptive diseases, much danger is to be apprehended in a sudden disappearance of the eruption from the surface. The secretions and excretions must be promoted by the most gentle means that can accomplish the object. If there is fullness and nausea at the stomach, a gentle emetic may be necessary.

Laxatives and injections should be preferred to active ca-

anartics, and diaphoretics to sudorifics. The food must be light and easy of digestion. A little brandy and water, to which may be added a small quantity of lemon conserve, may be taken if necessary to keep up the spirits.

MORTIFICATION.

“If any inflamed part have sufficient power to undergo the excitement, the inflammation generally ends in resolution or suppuration, but when the inflammation is altogether disproportioned to the vital power of the inflamed part, so that the vessels can no longer act, mortification is the unavoidable consequence.

When mortification is about taking place, there will be a sudden cessation of pain which before had been intense; the pulse become small, weak, and irregular; the countenance assumes a deathly appearance, accompanied with cold extremities, cold clammy sweats over the whole surface, and sleepiness and great debility follow.”

“Mortification may take place without any previous inflammation. It is then occasioned either by an interruption of the circulation, long continued pressure, long continued cold, violent bruises, &c., and it sometimes takes place when no cause can be assigned. When mortification does not produce death, the mortified portion is soon surrounded by a white line, about which pus is formed, the dead part sloughs out and leaves a suppurating ulcer. Otherwise the mortification rapidly extends and death soon follows.” The first stage of mortification is called gangrene, from the green appearance of the diseased part. It soon becomes quite black when it is called mortification.

When mortification is apprehended from internal inflammation, the medicines included in Class 4, may be freely taken into the stomach, and, if necessary, give the same by injection. These medicines should also be freely used in cases of mortification externally. See also washes, poultices, salves and ointments. The patient must be treated otherwise according to the symptoms.

MUMPS.

This disease is characterised by a painful enlargement

of the parotid gland on one, but more commonly on both sides, affecting also the ligaments and muscles which raise up and connect the lower with the upper jaw ; and there is severe pain at the lower part of the ear, on opening the mouth or receiving any thing sour into it. The enlargement of the gland is usually preceded by shivering, pain in the head and back, nausea, and perhaps vomiting. Taking cold is the only danger to be apprehended in this disease, as it passes off by resolution after four or five days duration. Should the patient take cold, the swelling of the glands suddenly subsides, when the disease is transferred to the brain, producing delirium, or to the testicles of men, or the breasts of women, producing pain and swelling.

Bathe the feet, apply draughts, and give sudorifics, (Class 24,) and keep the patient secluded from a free current of air. Foment the part affected, or direct the smoke of burning wool well oiled, by means of a tunnel, to the affected part ; or, apply a poultice of boiled white beans ; and, bittersweet ointment. Use cathartics and emetics when necessary.

NERVOUS DEBILITY.

This disease is characterised by a prostration of mental and physical energy, and is accompanied by indigestion in all its forms, aches and pains, and the hypochondriac or hysterical affection with their multitude of imagined ills continually harass the patient.

This object of commiseration requires the use of the alterative detergent sirup and the cankersirup, alternately three or four days each, the sedative or anti-dyspeptic nerve powder at bed time, and the wet sheet bath early in the morning. These should be discontinued a short time after six or eight days, and in the interval use tonics, laxatives, &c., if necessary, for a few days, and then return to the first course. Use also such other medicine as the case may require.

NEURALGIA OR TIC DOLOUREUX.

This is a painful affection of the nerves of the face, and

when it attains its full power, it is attended with a convulsive twitching of the muscles, and is not surpassed by any other variety of human suffering. It is excited to extreme violence by the least exertion of body, by speaking, by the slightest touch, or even by a breath of wind. It seldom materially impairs the functions of life, yet it sometimes proves fatal. The nerves over the cheek bone, of the upper lip, the teeth and gums, and of the eye, the ear, and the temple, and of both the upper and under jaw bones, are subject to the agonising torture of the paroxysms of this disease.

Cleanse and regulate the stomach and bowels. Antispasmodics, nervines, stimulants, sudorifics and tonics, are all important in some cases. Give more or less, and of such kinds as experience may prove agreeable to the patient, as some cases require very different treatment from others. A free use for a short time, of brandy for some, and opium for others, has proved highly beneficial in treating this disease. I can see no reason why showering every morning with cold water, would not be of the utmost importance in treating this disease. At least, the wet sheet bath may be safely adopted.

OBESITY. (EXCESSIVE FAT.)

A celebrated author very justly remarks, "that as a life of indolence, and indulgence in eating and drinking, is highly contributory to obesity, the remedial treatment should consist in the use of severe, regular and habitual exercise, a hard bed, little sleep, and dry and scanty food derived from vegetables alone."

PALPITATION.

This is characterised by a quick, forcible and generally irregular action of the heart, and frequently terminates in a greater or less degree of faintness.

It sometimes proceeds from an ossification of the arteries, from a disease of the heart, from dyspepsia, from nervous or general debility, and from strong emotions.

From long experience in its use, I am satisfied that no other preparation with which I am acquainted, possesses

half the efficacy in controlling the unnatural action of the heart from whatever cause it may originate, as the anodyne tincture. A dose should be taken early in the morning for a week or two when necessary. Endeavor also to meet other attending symptoms with appropriate remedies. Emetics if necessary, can be administered with great benefit. Costiveness must be obviated and the vegetable restorative or other tonics used if necessary. Exciting causes must be carefully avoided.

PALSY. (PARALYSIS.)

This disease is characterised by a loss of motion or feeling, or of both, in one or more parts of the body. Different names are applied to represent different locations of the disease. When the whole of one side of the body is paralysed, it is called hemiplegia, and when half of the body transversely is affected, it is called paraplegia.

The attack is sometimes sudden and unexpected, but more frequently is preceded for a number of days by a giddiness, drowsiness, numbness, dimness of sight, forgetfulness, &c., and sometimes the paralytic influence is first manifested in a finger, hand, arm, &c., or in the muscles of the tongue, mouth, eyelids, &c., and gradually fixes upon its location.

In the first stage of this disease, I have never failed to arrest its progress, and effect a cure by cleansing and regulating the stomach and bowels by the use of emetics, cathartics, nervines and tonics, assisted by bathing applications and diaphoretics. Nauseating doses of the antispasmodic tincture, and bathing the part affected with the anodyne tincture, are valuable in any stage. Stimulating injections are highly important when the bowels are rendered inactive by this, or any other disease. External friction must be often and thoroughly applied, and it is probable that if this was preceded by the wet sheet bath, its efficacy would be greatly increased.

PILES.

This disease is characterised by tumors situated on the verge of the anus, which are either separate, round and

prominent, or run together and form a tumid ring, from which in some cases, blood is freely discharged, when they are called bleeding piles, and cases in which blood is not discharged are called blind piles.

Another variety caused by general debility, and loss of tone of the rectum, is called prolapsus ani, in which a portion of the rectum protrudes without a great degree of inflammation. At other times, the protruded portion becomes inflamed to a great degree, so that fomenting applications, and even poultices, are required to reduce the inflammation before it can be replaced. In the inflamed stage of either variety, much agony is produced by discharging the excrements, or in sitting on a common seat.

This disease is caused by costiveness, a frequent use of drastic purgatives, especially aloes, rich and highly spiced and seasoned diet; or, the opposite extreme, heavy lifting, indolence, &c.

The bowels must be regulated and kept regular as a matter of the first importance, by pilewort injections, laxatives, &c. Bathing the back and loins frequently with the anodyne tincture, and the use of strengthening plasters, is important. In the inflamed stage, fomenting applications of smartweed, &c., or other fomenting applications and poultices, may be necessary. (See page 89.) After the inflammation is reduced, the protruded portion can be returned by gentle pressure with the palm of the hand or fingers, which should be well lubricated with ointment. (See ointments.) These, or salve should be used daily until a cure is affected. Costiveness and debility, must be treated with laxatives and tonics. Cleanse and regulate the stomach and bowels if necessary.

PIMPLED FACE.

Add one pound of sulphur to one quart of best rum, shake it often for five or six days, when it will be fit for use. Dose, a \square more or less on an empty stomach, two or three times a day, so as to move the bowels gently.—Take it alternately three days and miss three, for a length of time, sufficient to effect a cure. At the same time

squeeze out the inspissated fluid, and bathe the affected part with the anodyne tincture, at least once a day.

PLEURISY.

The first appearance of this disease, like the inflammation of the lungs, is that of a heavy cold, which soon seats upon the pleura, prostrating the physical energies of the system, and is attended with chills, flashes of heat, and pain darting from its seat to the breast, back and shoulder blades, accompanied with a distressing cough, difficult expectoration, which is generally streaked with blood, is at first scanty, but soon becomes more free, pulse quick, strong and full, tongue thickly coated, thirst intense, restlessness, excessive heat at the surface, and scanty high colored urine.

The sudorific course, anti-bilious fever powders, bathing and fomenting applications, mustard plasters, draughts to the feet, the detergent cathartic infusion, the emetic, the alterative cleansing powders or other preparations recommended for cough may be used, as directed for inflammation of the lungs; and, after the inflammatory action subsides, tonics may be employed as in other cases of convalescence. An infusion of calamus, pleurisy root and wild lettuce, may be used for constant drink through the whole course of the acute stage; or, the sudorific infusion, anodyne infusion, or other sudorifics, for constant drink.

. QUINSY.

The characteristic symptoms of this disease, are a swelling of one or both tonsil glands, extending with inflammation, to the mucous membrane of the throat, to the palate and tongue, attended with difficulty of swallowing and of expectoration, hoarseness, indistinct articulation, darting pains in the affected part, a thick brown coat on the tongue, hard, quick, full pulse, and sometimes deafness. In violent cases, the face and eyes are also inflamed, and respiration is performed with so much difficulty, that the patient is compelled to maintain an erect position for fear of suffocation.

It generally terminates in a few days either by resolution or suppuration, but is sometimes protracted to weeks. This disease is usually caused by a sudden cold, in consequence of having the neck and throat more than usually exposed to cold or damp air.

In the first stage of this disease, relief can be obtained by inhaling a brisk vapor by pouring vinegar on a heated brick or stone, which should be conducted to the face by spreading a cloth over both. Fresh air should be admitted as the patient may require. After inhaling this vapor at intervals, from ten to thirty minutes, a dose of the black drops, or the anodyne tincture, and bathing the throat externally with the nervine or other liniments, may speedily effect a cure; but, in the advanced stage, bathe the feet, (page 89,) and foment the part affected, (page 89,) inhale the vapor frequently as above directed, administer an emetic, (page 73,) gargle the mouth frequently, (see canker infusion,) and physic often.

These prescriptions are also good in cases of chronic inflammation of the throat, and for putrid sore throat, for which, in addition, use anti-septics freely, both internally and externally.

RHEUMATISM.

This disease is characterised by a painful affection of the large joints, and in some cases, of the muscles between the joints, and is called acute or inflammatory rheumatism, attended with a high state of febrile excitement, and chronic, unattended with fever.

This disease is generally caused by a sudden exposure to cold or damp air while very warm, thin clothing in cold weather, wet feet, wet clothes, &c.

The magnitude of this disease varies from a slight pain in one joint, to an affection of the whole system, sometimes swelling as in the acute, or a stiffness as in the chronic, by which the patient is rendered helpless, and is racked with pain of an acuteness surpassing description.

In either variety, the wet sheet bath should be used daily with other remedies. The wet bandages may also

be applied to swelled or pained parts. Cathartics and emetics, and frequently bathing the affected part in salt and vinegar, or cayenne and vinegar, or with some of the liniments or lotions, and sudorifics internally, may also be necessary: If the wet sheet is not employed, the sudorific course and bathing applications, should be adopted and frequently repeated.

In the chronic stage, physic often, and use the stimulating bitters prepared with brandy, or the rheumatic tincture. Bathe as in the acute stage, and wear rheumatic plasters when the pain becomes seated, and use the rheumatic ointment, sirup, tincture, &c. Dress comfortable, keep the feet dry and warm, and avoid as much as possible, every exposure to evening air or damp weather.

RICKETS.

This is a disease of infants, and is characterised by a pale sickly countenance, bloated face, small neck, unnatural enlargement of the head, breast bone, or a bend in the spine, soon causing a serious deformity. The bowels also become enlarged, flesh soft, and with the strength wastes away. The causes of this complaint are the diseased state of the mother, and want of exercise.

Treatment.—First, administer a sirup of the anti-dyspeptic bitters, until a free cathartic operation is produced, then change to the vegetable restorative for four or five days, then use the sirup as before, and use the sirup and restorative alternately, four or five days each a little before meals. At the same time shower with cold water, or use the wet sheet bath every morning. Take pains, if necessary, to produce perspiration immediately after showering, or while in the bath. The affected part should be bathed with the anodyne tincture and nervine liniment, each once a day, and the whole surface with best brandy, and with salt and water, each once a day. The showering or bath, and the different bathing applications, should be attended to at proper intervals, so that one shall not interfere with the other. Friction and riding, all that the child can comfortably bear, will be important.

RING WORM.

This, from a small pimple, extends in a circular form, attended with violent itching. A few applications of the cancer caustic, and the itch ointment shortly after, will soon effect a cure.

RUPTURE OR HERNIA.

This is caused by a relaxation of the abdominal muscles, by which a portion of the internal viscera is permitted to protrude between them, and sometimes the protruded portion is so large as to be returned only with great difficulty, and sometimes that object cannot be effected.

When this opening is near the navel, it is called *umbilical* hernia; *inguinal*, when in the groin; the *scrotal*, when in the scrotum; and the *femoral*, when below the groin.

There is but little difficulty and no danger, attending this complaint while the protruded parts can be easily replaced; but when from any cause the muscles become rigid, so that the patient cannot, as usual, relieve himself, difficulty if not danger should be apprehended. To prevent this difficulty, a well adjusted truss should be worn, and the rupture ointment and rupture plaster used as directed. But should it occur, Dr. Beach recommends to commence the treatment by administering a dose of cathartic oil, (castor oil, croton oil, or olive oil,) and if necessary, encourage the operation with the cathartic injection.

"Opium, in strangulated hernia, is often exceedingly valuable. It checks the vomiting attendant on the stricture, allays pain and the irritability of the system, removes the tension of the parts, and will often effect a speedy reduction. About three grains (a small pill) should be given every two hours, until the desired effect is produced." Dr. Beach.

Farther to assist, use fomenting applications, and the vapor or warm bath. Poultices may also be necessary, and reasoning from analogy, I conclude that the wet bandages might be advantageously employed. The position of the patient should favor, as much as possible, the return of the protruded part. "His legs and hips should be

elevated as high as convenient by placing the back of a chair under them;" or, any other position which will be most favorable in avoiding internal pressure at the orifice, should be preferred. Bittersweet or other ointments should be freely applied to the tumor, and inoderate pressure made to return the parts by grasping the tumor at its base, and "with the first three fingers" compress it all around to diminish its diameter, and at the same time with the fingers of the other hand, press and direct the tumor toward the orifice.

"When the patient is fatigued, cease both to press and to push, but continue the hold, and when the efforts are renewed, gradually increase their force."

"I have usually found that the patient himself could succeed best in performing this part of the business. In most instances, it is the case that the viscera have been down often, and he has been in the habit of returning them himself, by which he acquires a tact in doing it, unknown to the most skillful surgeon." Dr. Beach.

This operation must not, however, be attempted while there exists inflammatory action, or much pain. When this is the case, the bath, fomentation, or poultices, must be employed. Success usually attends these efforts in a short time, yet cases have been protracted to a number of days, and nevertheless terminate favorably by faithful perseverance.

A case of strangulated hernia is related by Dr. Beach as remarkable, which occurred on one of the Islands below Boston harbor. A similar case occurred not long since, in this town. "An opening formed from the tumor, and a considerable portion of the intestines sloughed off. From the peculiar location of the woman, it was exceedingly difficult to obtain a physician, and her husband gave her enormous quantities of physic before the sloughing took place. There was a complete relief from pain after the fæces began to discharge at the artificial opening, where they continued to pass off about ten days, when the orifice again closed, the discharges readily took a natural

course, and the patient now remains in perfect health. We understand that she was not visited by any physician or surgeon until after the cure was perfectly completed."

SALT RHEUM.

This cutaneous disease most commonly appears on the hands, yet it is occasionally met with on other parts of the body. The diseased part appears crusted, in which cracks form, from which a watery fluid issues, attended with intolerable itching. Irritating the part in any way, or heating the blood, aggravates the disease and causes it to spread. The blood must be cleansed by the use of different detergents, and washes if necessary, but particularly that recommended with the salt rheum ointment. See also alkaline tincture.

SCALD HEAD.

This disease consists of an acrimonious fluid, which as the disease advances, forms a thick hard scab, in some cases over the whole scalp, and is communicated to others by wearing the same hat or bonnet, by using the same comb, &c.

Cleanse the blood with the detergents, (class 9,) and apply the scald head ointment and occasionally the alkaline tincture.

SCARLATINA, SCARLET FEVER. (CANKER RASH.)

This disease is characterised by a sense of weariness, dejection, chills, flashes of heat, headache, sickness at the stomach, heat, thirst and quick pulse, followed after a day or two by an eruption of a bright scarlet color, the eyes are affected, yet not watery, &c., as in the measles.

The eruption first makes its appearance on the face, neck and breast, then over the whole body, yet is most distinct about the joints. Isolated cases of this disease are uncommon, as it generally appears as a prevailing epidemic, and has three varieties, viz: Simple Scarlatina, Scarlatina Anginosa and Scarlatina Maligna.

In simple scarlatina, the symptoms are mild and the eruption terminates in brany scales of the cuticle, after three or four days.

In scarlatina anginosæ, the symptoms are more violent, accompanied with soreness of the throat, inflammation and ulceration of the tonsil glands, vomiting, difficulty of breathing, pulse quick and small, and the redness at the surface appears more like a stain than an eruption, the breath soon becomes very offensive, and an acrid humor, very corroding, is discharged from the mouth and nose. Delirium is not uncommon in this variety of scarlatina.

In the scarlatina maligna, these symptoms appear in still more aggravated form. The fever is more intense and more rapid in its progress. The eruption appears in small points of a dark purple color, scattered over the whole system, pulse small and irregular, delirium, the eyes red and exceedingly sensitive to the light.

In this disease, the sudorific infusion and canker powders are invaluable. The canker infusion, (page 105,) and vinegar and salt, (page 91,) to be used as gargles, are also good and in some cases very important.

The emetic, (page 73,) should be employed to clear the tenacious mucous from the throat and relieve febrile excitement, and the detergent cathartic powders or cathartic infusion to relieve arterial action, pain in the head, &c. and will also aid in subduing febrile excitement.

External bathing, with alkali (page 89,) or mild soap suds frequently, is important. Applications around the throat, of salted wheat bran moistened with vinegar, or raw salted pork, are valuable. Perseverance in the use of these means, will not often fail of restoring health.

SCROFULA.

This disease is chiefly confined to the glands about the neck, and concentrates near the butt of the ear into an indolent tumor. At other times, the scrofulous humor is diffused through the whole system, and like a false friend, is ever ready to unite with any other enemy to afflict its victim whenever a favorable opportunity presents, and therefore, inflammation of the breast and other local determinations, sometimes assumes the appearance of scrofula.

Scrofulous tumors or ulcers are always slow in progress, and the discharges are thin, mixed with particles of a curdy appearance.

Use detergents (class 9, &c.) to cleanse the blood; apply the oil of spruce and poultices to the tumor before it breaks, and poultices, ointments or salves after. Bathing the whole surface in salt water, is highly recommended. Use emetics and cathartics when necessary, as in other cases of disease.

SELF POLLUTION—MASTURBATION—ONANISM.

Much has been written upon the evil consequences of this practice. The following is abridged from Beach's "Reformed System of Practice."

"Emitting the semen artificially by the practice of onanism, lays the foundation for many incurable complaints, and causes more bad health than even physicians are aware of. That this practice prevails in all ranks of both sexes to a great extent, cannot be denied or doubted. Its effects upon physical strength and constitutional stamina are very great, and its influence in prostrating the mind is no less appalling.

Consumption, spinal distortion, weak and painful eyes, weak stomach, nervous headache, weakness in the back and genitals, marks its ravages upon the one; loss of memory and of the powers of application, great despondency of mind, and, insanity, show its devastating effects upon the other.

It is equally opposed to moral purity as to physical and mental vigor. It keeps up the influence of unhallowed desires, gives the passions the ascendancy in the character, fills the mind with lewd and corrupt images, and transforms its victim to a filthy and disgusting reptile.

Let the young beware of its consequences, and those who are in the way of danger, abandon it forever.

Books have been written filled with the most startling facts on this subject," and there can be no doubt that this is a prolific source of licentiousness and immorality.—Excessive coition is no less destructive to body and mind.

SORE MOUTH—THRUSH.

This is characterised by tenderness of the mouth and superficial ulcers, and redness of the gums, edge of the tongue, fauces, &c., caused by impure acrimonious secretions deposited in the stomach.

Cathartics and emetics at proper intervals, assisted by a gargle composed of the canker infusion or powders and canker sirup, will speedily effect a cure. Honey may be freely used.

SPINAL DISTORTION—CURVATURE OF THE SPINE.

This affection comes on gradually with declining health, and is probably caused by labor beyond the constitutional ability while young, or sedentary habits in an unnatural position. The spine, instead of maintaining its erect position, inclines toward one of the shoulder blades, by which one is raised and the other depressed.

Cleanse and regulate the stomach and bowels with such remedies as the case may require, and use tonics and stimulants to give tone to the system. Thoroughly applied friction frequently to the part affected will be important. This, every morning should be followed by an application of the nervine or other liniment, and at night bathe with the anodyne tincture, or with the tincture in the morning and liniment at night. The whole surface should also be bathed once a day with salt and water, followed by thorough friction. Moderate exercise should be strictly observed. The wet sheet or shower baths should occasionally be employed, and occasionally bathe the affected part with the oil of fireweed or of fir.

SPITTING BLOOD.

This is always alarming to the patient and his friends, especially if it be profuse. The asthmatic tincture has thus far proved to be a sovereign remedy in the many cases to which it has been applied. An infusion of bugleweed is highly recommended. The emetic (page 73,) has also proved safe and efficacious. The styptic sirup should be used to prevent a return of this difficulty.—Should these fail, use other styptics. (Class 23.)

SPONTANEOUS VOMITING.

A weak preparation of the anti-bilious infusion in small doses often repeated, or a little saleratus dissolved in water, or a drop or two of the oil of peppermint, or four to six drops of the oil of fir on loaf sugar, or the mustard plaster over the pit of the stomach, or a dose frequently of the saline mixture will give relief. See also page 137.

SPRAINS.

Apply wormwood moistened with alcohol or vinegar, or vinegar and salt, or bind the part well with flannel, and keep it moist with anodyne tincture. Balsams, fomenting applications, the oil of wormwood cautiously used, and the german or other liniments are also good.

STITCH IN THE BACK OR SIDE.

Bathe the affected part with the anodyne tincture two or three times a day and heat it in. Wear also a strengthening plaster.

SUPPRESSION OF URINE.

Use diuretics as directed in class 11, or in the compounds, and if necessary, apply smartweed pounded and moistened in warm water over the bladder. Use also the black drops, diuretic drops, &c., if necessary.

ST. VITUS' DANCE.

This is manifested by a convulsive twitching of the muscles, so that the involuntary jesticulations renders the afflicted individual an object of commiseration. Music has a controlling influence over the disease, and procures quiet and refreshing sleep. Cleansing the stomach and bowels by the use of emetics and cathartics, is important. A strong infusion of blue sculcap is an invaluable remedy. Other nervines and tonics may be necessary.

TOOTHACHE.

As the teeth are valuable instruments of our daily enjoyments, it is not always advisable to have them extracted until an effort be made to remove pain otherwise, and it is absolutely dangerous to have a tooth extracted, while there is much inflammation in the gums.

Rinsing the mouth frequently with weak lime water is

highly recommended both as a preventive and to ease pain. Bathing the face over the painful tooth with the anodyne tincture, and holding that or the asthmatic tincture in the mouth, is invaluable. Or apply the nervine liniment or aqua ammonia over the tooth and on the gum around the tooth, or fill the hollow in the tooth with cotton moistened with the liniment. The oil of cloves is highly recommended to be used in the same way. The oils of summersavory and of marjoram are also good.

Heating the bottoms of the feet by the fire or bathing them in warm water will generally give speedy relief. A thorough use of sudorifics and the vapor bath, is however sometimes necessary. I am informed by a respected minister of the baptist church, that chewing the twigs of the pussy willow fifteen or twenty minutes, cured him of the toothache with which he had suffered much for three weeks in defiance of all common remedies.

ULCERS.

For the cure of internal ulcers, cleanse and regulate the system by the use of cathartics and detergents, and administer balsams and healing essential oils. For external ulcers, while cleansing and regulating the system as above, apply poultices, washes, ointments, salves or plasters, as the case may require.

VEGETABLE AND MINERAL POISONS.

The following in part, is an abridgment of Dr. Beach's remarks on poison. The antidote must be speedily administered or it will be of no use. All narcotic poisons must be removed from the stomach by a free use of the emetic, accompanied with copious draughts of herb tea, (page 73,) and in ten or fifteen minutes after, half a gill of lamp oil may be administered, (some prefer sweet oil,) and be repeated if necessary until the patient vomits freely. The patient should walk about or be otherwise kept constantly in motion. A large O of pulverised mustard seed in warm water will operate promptly as an emetic, and is perfectly safe.

For alkalies, give vinegar and lemon juice accompanied

with a free use of slippery elm mucilage. Should vomiting continue, dissolve an ounce of salæراتus in two quarts of water and administer a teacupful at a time, frequently. Fomenting applications to the stomach and bowels will also prove beneficial.

Lime water is highly recommended as an antidote for poison by arsenic ; and for verdigris, the white of eggs diluted with water, followed by a free use of salæراتus water as above directed. Salt and water will counteract the corrosive effects of nitrate of silver, in the proportion of a \square of salt to a quart of water.

Milk is the best antidote for the muriate of tin. For the oil of vitrol and aquafortis, large doses of magnesia and water, or what is better, soft soap and water equal parts.

For oxalic acid, chalk and water. For saltpetre, give the mustard seed emetic as above directed, slippery elm mucilage and the anodyne drops.

To counteract the deleterious effects of tartarized antimony, give the anti-spasmodic tincture in quantity sufficient and at proper intervals, to give relief.

For poison externally by ivy, (called also poison vine and mercury,) which causes great heat, itching, swelling and pain, apply buttermilk or lobelia infusion, tincture, or poultice freely and frequently, followed by the elder or other ointments.

In all alarming cases, give either the emetic powders or mustard seed promptly and freely, with a free use of fluid preparations, accompanied with linseed or sweet oil.

VENEREAL DISEASE.

This dreadful and disgraceful disease is caused by a specific virus received in the time of copulation with a diseased person, and is first manifested by an itching, burning sensation in the most tender parts of the genitals, a discharge of white or discolored mucus from the urethra in the male, and the vaginia in the female, and a scalding sensation while passing urine. Redness and inflammation soon follow ; the discharge is soon more copious, less tenacious, and changes to a yellow or green color.

As the disease progresses, venereal desires increase, particularly when warm in bed, attended with a painful erection of the penis, owing to its curved form, and the swelling of the parts. This is called gonorrhœa, or clap.

The second stage of the disease is called chancres. Ulcers first appear in small red pimples, and contain a transparent fluid, which soon break and new ones form, very sore, painful, and spread considerably.

Swellings called bubo form in the groin, and if the virus gets into a sore on the hand, this tumor, which often becomes as large as a hen's egg, will be likely to form in the arm pit. In some cases suppuration takes place speedily, in others more slowly, and sometimes the tumor disappears without suppuration.

In its more advanced stage, called Syphilis or pox, the virus is diffused through the whole system. Brown, or copper colored spots appear on different parts of the body; the throat becomes ulcerated; voice hoarse; swallowing difficult; obstinate inflammation of the eyes; the nose becomes affected and finally consumed; the hair falls off; foul spreading ulcers form and multiply, the stench of which is intolerably offensive, and the wretched victim dies, a loathsome mass of corruption.

This disease may be communicated by a nurse to a child at the breast; by a child who is thus compelled to bear the iniquity of its parents, to a nurse; by the virus getting into a sore; but usually, as first stated.

In the first stage, the use of the alterative detergent powders or anti-venereal pills* used as freely as may be, without affecting the bowels, except in a slight degree, and the powders administered once in five or six days, so as to operate as physic; and a dose of the diuretic drops two or three times a day at the same time, and the use of washes externally, and with the syringe if necessary, to which the

*Equal quantities, finely pulverized, each of loaf sugar, mandrake and rosin, and white pine turpentine. After mixing the whole thoroughly together, make the mass into commop sized pills. Dose, one to four, as the bowels can bear, an hour before meals.

anti-scorfulous tincture may be added, will effect a cure.

In the advanced stage the wet sheet bath; the alterative detergent decoction, the alterative detergent sirup, and other detergents used alternately four or five days each, accompanied by cathartics and emetics, and the use of poultices, washes, ointments, salves or plasters, as the case may require, must be employed, perseveringly.— Stimulating drinks, or highly seasoned or animal food must be avoided, and the patient should subsist on plain simple diet, easy of digestion.

VERTIGO, OR GIDDINESS.

This may proceed from a disordered state of the stomach, from general or nervous debility, from physical exertions beyond the constitutional ability, and from a pressure of blood to the head. It is also symptomatic of apoplexy and palsy.

The cause, in general, may easily be understood, by reflecting upon past exercise or by the attending symptoms, which must be met with their appropriate remedies, and the exciting cause avoided as much as possible.

WARTS.

Moisten the wart a few times in strong lye, or the cancer caustic, and it will soon disappear; or wash a few times in a strong decoction of white oak bark.

WATER BRASH.

This disease is most severe in the fore part of the day, when the stomach is empty, and is attended with a burning pain in the stomach, followed by watery eructations, either tasteless and insipid, acrid or roapy, and a sense of stricture is experienced on standing erect.

The use of the anti-bilious infusion and alterative cleansing powders for four or five days, followed by the anti-dyspeptic bitters, or some of the preparations of rhubarb, to produce a cathartic operation, and repeat the course a few times, will generally effect a cure.

White mustard seed, (class 17,) the anodyne tincture internally and externally, and small doses of cayenne and golden seal, before or after each meal, are generally attended with much benefit.

WHITE SWELLING.

This disease is characterised by the swelling of a joint, generally of the knee, hip or elbow, and although the pain and inflammation may be very great at the bone, the color at the surface remains unchanged, or rather it is of an unusual whiteness.

I have never failed of success in treating this disease by the use of detergents to cleanse the blood, (class 9,) and fomenting applications followed by warm poultices often renewed, (page 91,) and at each dressing bathe the affected part, if painful with the anodyne liniment, if not painful with the anodyne tincture. Should these fail, other means may be tried. Dr. Beach recommends that the diseased part when painful, be steamed over a decoction of bitter herbs impregnated with soft soap, as hot as it can be borne for at least fifteen or twenty minutes, as often as once in twenty-four hours, then apply a poultice, and when it is changed, bathe with a liniment composed of one pint of alcohol and half an ounce each of camphor, oil of hemlock, oil of sassafras and tincture of opium well mixed.

Continue the use of cleansing or detergent medicine, and after the tumor breaks, apply poultices and washes until the inflammation subsides, then ointments and salves as for other ulcers. At the same time use such remedies as will restore health.

WHITLOW OR FELON.

This is characterised by an inflammation at the bone attended with a pricking sensation and excruciating pain. The joint near the end of a finger or thumb is most liable to the disease, yet it sometimes seats on other joints of the fingers or toes, or on the hand, and if it goes on to suppuration, it shows the patient no mercy by night or by day, and the flesh sometimes wastes astonishingly. No time should be lost in preventing suppuration if possible, (see recipes, pages 119, 137.) and if very painful, steam the hand or foot on which the felon is seated, as directed for white swelling.

WORMS.

Those most common in the human stomach and bowels are of three kinds, viz: the *ascarides* or pin worm, the *teres* or long round worm, and the *taenia* or tape worm, full of joints resembling gourd seeds, which unite and form a white flat worm, often a number of yards in length. The *ascarides*, chiefly occupy the rectum, and the *teres* and *tænia*, the stomach and intestines.

From long experience and much observation upon the subject, I am unavoidably led to the conclusion that much is attributed to worms of which they are not guilty. Not a solitary symptom is laid down as indicating their presence, except their rising in the throat and causing an itching about the anus by the pin worm, but what may exist in full force, in consequence of a disordered state of the stomach and bowels, without them.

This sentiment is fully sustained in the following extracts. "There has been too much dependence placed upon all vermifuges. The object should be to strengthen the system generally, and excite that energy in the constitution which will enable the bowels to expel the worms, and resist their subsequent formation."

Dr. Beach says, "Worms may proceed from various causes, but are seldom found except in weak and relaxed stomachs where the digestion is bad. Those who eat great quantities of unripe fruit, or live much on raw herbs or roots, are generally subject to worms."

Thompson, in speaking of giving calomel and other poisons to destroy worms, says, "The absurdity of such practice is like a story by Dr. Franklin, of a man who 'set fire to his barn for the purpose of getting rid of a weasel.'"

In all cases of symptoms indicating the presence of worms, cleanse, regulate and strengthen the stomach, bowels and system generally, and if the symptoms continue, vermifuges as directed in class 26 and in part third should be employed; but, there is not the least difficulty or danger to be apprehended from worms, so long as the stomach and bowels are in good order.

WOUNDS.

Wounds made with a sharp instrument if well cleansed with a sponge or soft linen and water, the parts brought nicely together and well supported, first, by a stitch or more if necessary, or by straps of adhesive plaster a little distance apart, a suitable quantity of lint over the whole length of the wound, and the whole supported by a bandage sufficiently tight to keep the sundered flesh in close contact, yet not so tight as to prevent due circulation; the lint moistened and kept moist with the anodyne tincture a little diluted with soft water if necessary, and it may reasonably be expected that the wound will heal without suppuration.

Wounds made with a sharp pointed instrument in the flesh only, and superficial wounds, generally require no farther attention than to be secured from the air with a bandage moistened frequently with the anodyne tincture.

In lacerated wounds, it is not to be expected that the sundered flesh can be brought together so as to heal without suppuration. These must be cleansed of foreign substances without delay and with care, the parts brought together, covered with lint, supported by a bandage and kept moist as above directed. After suppuration takes place, or in case of severe pain at any time, use poultices, ointments, salves or plasters, as may be necessary.

Anodyne tincture is an invaluable remedy for bleeding at a wound, but this could not reasonably be expected to stop the bleeding from a large blood vessel, for which Dr. Beach recommends small balls of lint rolled firmly together and applied to the end of a bleeding vessel, then apply lint and small compresses to secure permanent pressure upon the artery, after which apply the dressing.—“In general,” he says, “a piece of linen of suitable size folded thick, laid directly over the wound and a bandage applied, is quite sufficient to stop the hemorrhage.”—There are cases however, which require that the artery must be tied, the directions for which will be found in any work on surgery

In all cases of wounds of much magnitude, particular attention must be paid to the health of the system generally. Cathartics, or at least laxatives, must frequently be administered. The afflicted part must be kept quiet that the healing process may be the more successfully and speedily completed. The mind also should be kept quiet. The diet should consist exclusively of plain simple food, easy of digestion. Spirituous or fermented liquors, or highly seasoned delicacies are pernicious. In poisoned wounds, such as the bite of the rattlesnake, &c., cupping the wound immediately, or scarify and suck the poison from the wound with the mouth, which may be done without swallowing it with perfect safety, provided that every part of the mouth is in a perfectly healthy state, applying caustic plasters, so as to cause the sore to discharge freely, using a strong decoction of plantain, (page 42,) for a wash, keeping the wound wet with salt and water, or moisten slippery elm with it oiled freely with sweet oil and kept on constantly while there is inflammation, is recommended by Dr. Beach.

Dressing wounds, as well as setting bones, can be accomplished much easier immediately after the accident, than when the parts are inflamed, provided that some one present has presence of mind sufficient to be dictated by reason and that kind of benevolence which is ever active in alleviating the sufferings of the unfortunate and the distressed.

I once inquired of a surgeon which he would employ, provided one of his own limbs should be shattered so that he could not dress it himself, a well read surgeon who was not naturally a mechanic, or a natural mechanic who had not studied surgery? His answer was the mechanic.—Such however, is the deplorable ignorance and stupidity upon every department of medical science in all classes of community, that every one feels at liberty to consider himself free from all responsibility, let his fellow man suffer what he may, provided a Dr. has been, or can be sent for; and, the list of cripples that might be exhibited as

the result of this confidence, bears a strange contrast with the following statement of Dr. Beach, in his Reformed System of Medicine, page 494, where he says: "There is no branch of surgery more simple or more easy to treat than fractures or dislocations. I have had my share of practice in them, and should really feel mortified and ashamed if a single case that I ever treated, could be exhibited in which there was any deformity or bad management.

I have never attended one, no matter what bone of the system had been fractured, but that has been properly set, secured and successfully treated, no lameness, deformity or inequality of the bones remaining, nor the least mark or symptom that could lead to the suspicion that there had ever been a fracture." "This," he says, "has been accomplished by a course of treatment so simple, that any person 'possessed of common sense can easily put it in practice.'"

His directions and conclusions upon this important part of medical science, are such as every man of sense and reflection must at once recognize as being well adapted to the wants of man, and his writings generally are entitled to the respect and gratitude of an enlightened community.

But to no medical man are we more deeply indebted, than to the late immortal Samuel Thompson. Not so much for the correctness of his conclusions, as for his fearless defence of what he believed to be right. He was right in one point at least, viz: "that the practice of a man possessing a knowledge of botanic remedies is very superior to one of the same capacity of mind, of the most profound study in the use of minerals. Why? Because the use of vegetable remedies assist the powers of nature to overcome and expel disease; whereas, the use of minerals and the list of deadly poisons generally being opposed to the principles of life, are disease creating agents." Any man of reflection, unbiassed by prepossession, may satisfy himself of this fact (as many have,) by carefully comparing cases differently treated.

PART FIFTH.

REMARKS ON DYSPEPSIA, DIET, DRESS AND EXERCISE.

" DYSPEPSIA

Is a derangement of the digestive functions," attended with a painful uneasiness of the stomach, and sometimes severe pain either before or after meals, imperfect digestion, alternately loss of appetite and a voracious craving for food, acrimonious eructations and vomiting, alternately costiveness and relax, and all the debility, prostration of physical and mental energy, wasting of flesh, &c., which attends a declining state of health.

This state of the system is induced by violating organic law in eating or drinking, by improper dress, by excessive exercise, or more frequently for the want of sufficient active employment, in which sleeping to excess bears a conspicuous part. In order to show the agency of these habits in causing dyspepsia, each must be respectively examined; and first of

DIET.

Much inquiry has been made respecting the kinds of nourishment best adapted to the support of the human system, and many experiments have been made by chemistry and otherwise, to ascertain the amount of nutriment contained in the different animal and vegetable productions commonly used as food, and the time required for their digestion, a part of which is given on a succeeding page.

The debilitated should adhere strictly to a plain simple diet, easy of digestion, with as few dishes at the same meal as possible; but the robust and the laborious may partake of the more substantial food. No one should in-

dulge in a great variety at the same meal, and ample time should always be allowed for the digestion of food, and an hour or two for the stomach to rest afterward before another meal, as this is important to a healthy condition of the stomach, and vigorous digestion; without which dyspepsia will soon follow.

It has been ascertained by the experience and observation of a number of scientific men of high standing, that a plain vegetable diet is more conducive to health and longevity—more invigorating to the physical and mental energies than animal food—that animal food is not necessary even when great physical exertions are required, and absolutely injurious to those who do not labor—that whatever the quality may be, the quantity should be limited to what nature absolutely requires and no more.

It is recorded of those, who, in modern times have lived to the advanced age of 140, '50, '60, and even to upward of 180, that they subsisted on plain, simple, vegetable diet, with but little, except cold water, as a beverage.

It is perfectly obvious that more than a bare sufficiency of food has a tendency to oppress the organs, diminish physical and mental ability, and impair, wear out and disorganize the vitality of the whole system.

More than sixteen centuries ago, Galen promulgated the doctrine that man should subsist on such things as he found to agree with him, and avoid every thing not required by nature, and that by observing this rule he would seldom stand in need of physic.

Laboring men who have adopted vegetable diet, uniformly assert that they possess a greater degree of muscular strength as well as mental vigor, than when indulging in the use of animal food, are more uniform in their appetite, experience much less of the cravings of hunger, and are in a great degree, exempt from prevailing diseases. The reason for this is perfectly obvious when we consider that a number of the vegetable productions used as food possess more than twice the amount of nutriment afforded by any kind of meat; and the well authenticated

fact that the blood of him who subsists much on animal food becomes putrid soon after being removed from the circulation, while that drawn from him who subsists exclusively on vegetables, remains free from putrefaction for a long time, shows conclusively, why those who subsist on vegetables are more exempt from diseases, either general or local, than those who are under the contaminating influence of animal food.

A change of diet will generally be followed by a greater or less degree of languor, and perhaps debility ; but, let him who suffers thus in consequence of a change from animal food to a vegetable diet, remember that he who changes from a vegetable diet to animal food, suffers still more.

With regard to the time of receiving food into the stomach, it is probable every thing considered, that seven o'clock is the best time for breakfast, twelve for dinner, and five for supper. This arrangement will allow time for the digestion of food, and rest for the stomach ; and, prevent the necessity of eating between meals, or near bed time, which generally proves very detrimental to health.

The physical condition of the system must regulate the choice of viands, because different kinds of food are not absolutely wholesome or unwholesome, only as they are relatively so in individual cases. All complicated combinations of food are improper. It is generally the nibbling between meals that does the mischief in causing dyspepsia, so far as food is concerned.

As to beverage, pure, cold, soft water, claims the preference, both as a luxury and in its ability to slake thirst. Foreign tea and coffee used habitually, or even occasionally, prove injurious in most cases. Ardent spirits, wines and strong beer, cannot be used while in health without injury ; and their use is frequently punished with a prostration of physical, mental and moral energy, and the loss of every thing dear to man. Cold water is the most agreeable, as well as the most healthful beverage for eve-

ry one while in health, unless the appetite has been vitiated by the contaminating influence of habit or otherwise.

DRESS.

Much might be said, perhaps profitably, on this important subject, yet the space remaining for this part of the work, unavoidably compels to brevity. Suffice it therefore to remark, that the dress should be well adjusted, so as not to compress the body or limbs, suitably adapted to the changes of the seasons and the constitutional necessity of the individual, and be so arranged and of such materials as shall be necessary to guard the extremities in cold weather, and keep the feet especially dry and warm. No bustles nor tight lacing are required, because the symmetry of the human system is more perfect and beautiful than man can devise, and it is a downright insult upon the wisdom of Deity to disfigure His noblest work. Such presumption has frequently been punished with dyspepsia or more fatal maladies.

EXERCISE.

After all the care that can be bestowed upon diet and dress, without particular attention to exercise, health cannot be enjoyed.

Man is the only being endowed with ability to reason, and still upon the subject of exercise, is the most unreasonable of all animated nature. Indolence is not a natural propensity. In childhood and youth a desire for action is fully exhibited; and, therefore, when we meet a sluggard, we know that habit has made him so.

Some are impelled by their ambition, others are compelled by their necessities, to labor beyond their strength, and really suffer from prostration of their physical and mental powers, in consequence of long protracted or excessive exercise; but even this, added to humble life, should be preferred to a life of indolence in a palace; be-

cause it is far better to wear out, than rust out, since in rusting out, every comfort is banished. That position in life is most desirable in which care and toil are sweetly blended with the pleasures of home.

The common bustling way of doing business, does not accomplish half as much as might be done in the same time, and with far less wear and tear of strength, provided that every part of the business of life was reduced to system—a time for every thing and every thing in time, a place for every thing and every thing in its place.

Here an important consideration presents itself. As before remarked, in childhood and youth a desire for action prevails; and, if children are not learned something useful, they will learn something else; so that, when the parent, in the common bustling way of doing business, finds it convenient to call the child from dissipating plays, the confinement and restraints necessarily enforced are often met with stubbornness; and, in nine cases in ten the child will play the truant every favorable opportunity, and feel enmity for deserved punishment. All this happens, and in many cases infinitely more, because parents cannot find time to direct the mind of the offspring to future usefulness, *for fear it might intrude upon some money making scheme.* This state of things will exist so long as wealth shall be the test of respectability.

If time could be properly divided, viz: one third, or eight hours in twenty-four for rest, eight hours for labor, and eight hours for meditation and mental cultivation, an important change would soon be experienced both in physical, moral and mental ability; but, so long as the all absorbing desire of money making prevails, to the exclusion of every thing beside, even if both soul and body shall perish as the consequence, we cannot even hope for better days in this respect.

A horse carefully fed and driven, remains vigorous upwards of twenty years, while the noble animal subject to the will of the dashing dandy, becomes decrepid, and at ten or twelve, often much less, is an old worn out horse.

Is not the system of man also subject to decay from abusing those faculties with which it is endowed by its Creator? Is not the loss of physical, moral and mental ability the unavoidable consequence of a life of indolence and dissipation? Are instances of longevity recorded of such as habitually violate organic law, in excesses of any kind?

In order to have exercise impart its invigorating influence upon physical and mental ability, it must be regular that the muscles, &c., may become firm and braced, so as to bear it without irritation; diverting, that it may be engaged in as a pleasure, and useful, that it may add to comfort and happiness, and banish the idler's dependence upon those he despises as inferiors.

The hours of rest should be as regular as possible; and, it is probable that from nine in the evening until five the next morning is the most proper time. There are but few probably, while in health, who require eight hours sleep; and therefore, those who find it tedious to spend eight hours in bed, should retire at a later hour or rise earlier. Aristotle gave it as his opinion, that four hours sleep was sufficient for a man, six for a woman, and eight for a hog. Four or five will do for a temperate man at ease, but the laborer will generally require more. Sleeping to excess however, is as criminal and as injurious to physical and mental ability as any other intemperance.

Bathing the whole surface on rising in the morning, or enjoying the shower bath, followed by thoroughly applied friction, are highly extolled by all who have enjoyed their invigorating influence. Either should be followed by exercise sufficient to restore natural warmth to the whole system; and the balance of the time until the fixed hour for breakfast, may very properly be spent in mental cultivation, provided the time should not necessarily be spent in preparing for labor after breakfast. At any rate the exercise should not be such as to exhaust the system. Every one should sit down to breakfast free from the exhausting effects of labor, that the appetite may be good and the system in full vigor for the labor of the day.

After meals the labor should always be moderate until the system is relieved from the languor which attends the digestion of food. Indulging in sleep at this time is highly improper, as it impairs digestion and cannot fail to injure the tone of the stomach. Neither should feats of strength or agility be practiced immediately after meals; for as before stated, the exercise should be moderate, as that promotes healthy digestion. The time between meals should not be so long as to require an extra dish; neither should the system become exhausted for the want of food. Exercise, when nourishment is wanting, wastes the powers of life. Hence we see that exercise or the want of it, improperly adapted to the condition of the system, may have a powerful influence in causing dyspepsia and other diseases.

With regard to the exercise of diseased persons, it should in all cases, be adapted to the ability of the patient and always stop short of exhausting fatigue, yet all that can be borne and leave the system free from irritation, so that rest can be enjoyed, will prove beneficial, and generally of great importance in the restoration of health.

The mode of exercise must also be adapted to the ability of the patient, such as walking, riding on horseback, or in an easy carriage, on the rail road, voyages by sea, &c. Change of scenery, diverting employment, &c., is often of great importance, especially to the desponding. Errors in diet, dress or exercise, are not common with those who adhere to the principles of physiology and reason.

In the treatment of dyspepsia, the stomach may require an emetic, the bowels laxatives to remove costiveness, and, the treatment for general debility may also be necessary, as well as the use of a number of compounds recommended for dyspepsia; but, the main dependence must be placed in diet and exercise. The proper course of exercise has been pointed out, and a suitable variety of preparations of diet is annexed, from which dyspeptic and other diseased persons may select as their necessities may require.

DIET FOR DISEASED PERSONS.

Here the careful observer will readily perceive that important considerations devolve upon all who would enjoy health, and especially those whose duty it is to be valetudinarians. Proper time must be allowed for digestion, and rest for the stomach, before an additional supply of nourishment is introduced into it.

Unbolted wheat bread is easy for the stomach and very nourishing. Rye, or rye and Indian, or Indian bread; or buckwheat, barley or rye pancakes have their advocates, and are entitled to preference in individual cases. All bread stuff should be made light before it is cooked, and bread should be at least twenty-four hours old before it is eaten by diseased persons. The unbolted wheat bread for cases generally, claims the preference. This, and the following preparations, are proper food for the sick at any time.

Beef Tea.—Put half a pound of fresh lean beef sliced thin, and three half pints of pure soft water into a quart porter bottle, and set it into a kettle of water and keep it boiling hot or nearly so, for three quarters of an hour, then pour off the liquor and add more water to extract the remaining strength, and after heating awhile as before, add the liquor to the other and season with pepper and salt, to suit the appetite.

Or, add to a quart of water in a kettle, one pound of beef prepared in the same manner, simmer twenty or thirty minutes and season as the above. This preparation is very nourishing for cases of extreme debility.

Chicken Tea is prepared in the same way for the same purpose, but is not as good in cases of dysentery.

Corn meal gruel.—Mix two \square s of corn meal with a little cold water, and stir it into a quart of boiling water previously salted, and let it boil fifteen or twenty minutes, then add a gill of milk if desired, when it will be fit for use. Nourishing and agreeable.

Corn meal tea.—Pour a pint of boiling water upon a \square

of corn meal, and add a little salt if desired. This will set easy on the stomach when almost any other fluid is rejected.

Milk Porridge.—Mix well two \square s of wheat flour, (the unbolted is best,) with a small quantity of cold water, pour it into a quart of boiling water previously salted and mix well by stirring, and when it boils add half a pint of sweet milk. It is then ready for use. When prepared for the extremely debilitated, or to be used with an emetic, the quantity of flour may be reduced one half.

Oat meal gruel.—Mix three \square s of oatmeal and a handful of best raisins in one quart of water, keep the vessel covered and simmer gently for two or three hours. Good in diarrhœa and dysentery.

Rice Jelly.—To a suitable quantity of pure soft water, add eight ounces of loaf sugar and four of clean rice and boil to a jelly. Very nourishing.

Wheat Jelly.—Soak wheat in pure soft water for twelve hours, pour off the water and add a sufficient quantity of fresh water to boil four or five hours, when the water remaining should be only sufficient to form a jelly. This may be eaten with sugar or molasses, and is an agreeable article for the sick and in cases of dyspepsia. It has a tendency to obviate costiveness, does not oppress the stomach, and is very nourishing. I have been informed by settlers in new countries, that this is an important article of diet when flour cannot be obtained.

Eggs.—Beat an egg thoroughly and add loaf sugar to make it palatable. This may be taken in cases of debility and is very nourishing. When thus prepared, if preferred, add a gill of boiling water and take it when cool.

Or, break an egg into boiling water. The yolk at least, should remain soft. This should be seasoned with a little salt and butter, and is nourishing. Boiled milk, toast, panado, and chicken, and mutton broth are also good.

Fruit.—Wholesome fruit, fully ripe, may generally be used without injury, but it should always be taken at meal time, and not as an extra dish as is the common custom.

The rind, core, seeds or stones of fruit, as well as every other indigestible substance, should never be received into the stomach, because they impair digestion.

Rice Coffee.—Add a \square of rice scorched and ground, to half a pint of boiling water, when settled clear pour it from the sediment and add loaf sugar and a little cream to make it palatable. Infants may take a \square or two frequently, and adults more liberally. Good in cases of acidity and bowel complaints, and is nourishing.

Carrot Coffee.—Scorch, but not burn, thin slices of carrot, and steep without grinding. Add cream and sugar.

The following table shows the estimated amount of nutriment contained in one hundred pounds each, of the articles named.

Rice,	90	Rye,	80
Beans,	88 to 92	Meat, average,	35
Peas, probably ab't same		Potatoes,	25
Wheat,	85	Beets and Carrots,	14
Barley,	83	Cabbage & Turnips,	6 to 8

The following will show the estimated time required for the digestion in a healthy stomach of the articles named, beginning with the easiest and ending with the most difficult.

Rice boiled, pigs feet boiled, eggs beat raw, salmon trout boiled or fried, barley soup, milk boiled, beef's liver broiled, eggs swallowed whole, cabbage raw with vinegar, and codfish toast, require from one to two hours for digestion, and therefore may be used by the debilitated, if not injurious.

Milk raw, eggs roasted, turkey, goose, pig and lamb roasted, string beans, wheat boiled, unbolted wheat bread, sponge cake, parsnips boiled, potatoes sliced raw and fried, baked or roasted, custard, oysters raw, eggs rare boiled, beef steak broiled, pork broiled, mutton stew or soup, bean soup, chicken soup, apple dumplings and corn cake, require from two to three hours for digestion. The most of the above articles are quite nourishing, and proper in cases of debility.

The following require strong powers of digestion and vigorous physical exercise, whenever they are used as food.

Oysters cooked, pork steak, mutton roasted, Indian corn bread, carrots boiled, sausage, old cheese, butter, potatoes, greens and turnips boiled, eggs boiled hard or fried, green corn and beans boiled, and beets boiled, require from three to four hours for digestion.

Beef fried, veal boiled, fowls or ducks boiled or roasted, beef soup, the heart of animals, salted beef or pork, soup of marrow bones, cartilages, veal fried, suet boiled, cabbage boiled with vinegar, pork roasted, and tendon boiled, require from four hours to five and a half for digestion.

The diet, as a general rule, may with safety be adapted to the inclination of the patient, yet a great distinction should be made between the demands of nature and those of a depraved appetite, in which generally, it is not difficult to judge.

I was called upon to visit a woman, several miles distant, whose case had been pronounced incurable, by her attending physicians, and whom I found so much exhausted and emaciated, that I declined making a prescription for her, as I considered her case hopeless. After I had expressed my opinion that she could not live but for a short time, she said to her husband. as the doctors all say there is no help for me, do give me what I want. On inquiry, I found that from the first of her illness, she had expressed a great anxiety for new milk, and fresh beef, which had been strenuously refused by her physicians. I advised that her appetite should be gratified, as much as possible, because, if it had a bad effect, it would not shorten her life but for a short time; and, if it produced good effects, which I thought most probable, there would be a possibility of her recovery. She was soon furnished with a quart of new milk, the most of which she drank, and soon after observed that she felt almost well already; and she was soon restored to her usual state of health.

Another, who had been dangerously sick with pleurisy,

desired her mother to prepare her some boiled cabbage, which was refused, until I should be consulted. The first thing I heard on entering her room, was, "Doctor, may I have some boiled cabbage?" This interrogation I hardly knew how to answer, but I finally told her that I would consent to her eating the cabbage, on condition that she would take an emetic, in case it proved injurious. She replied, "I had rather take a dozen emetics than not have the cabbage." It was accordingly prepared, and she ate all she desired, without the least apparent injury.

When my wife began to recover after a dangerous illness, she desired a meal of our "boiled dinner," as it is familiarly termed. Her mother, fearing it would materially injure her, told her she would consult my feelings on the subject, and on my return, met me at the door, and gave me a strict charge to persuade her not to eat such hearty food, while so weak, as she was afraid it would prove fatal to her; but, in accordance with long established principles in such cases, I consented that she might have a small quantity, which her mother prepared with a trembling hand; the cabbage, in particular, she strongly objected to. My wife, however, partook of a small quantity of each, pork, potatoes, and cabbage, and to all appearance it proved beneficial, without the least apparent injury.

I have uniformly allowed my patients to eat or drink such things as nature appeared to demand, and have never known the least injury to arise from such indulgence.—Reason of course should dictate as to quantity.

PART SIXTH.

THE TEMPERAMENTS.

 TEMPERAMENT

Is established by nature and education, and influences the body either to good or bad actions ; and although it is indicated to some extent by the different individual organization, yet to a very great degree, it is subject to individual choice, since it is in the power of man to abuse or improve the faculties with which he is endowed by his Creator. To this, the science of phrenology as well as reason and experience bears ample testimony ; and it is admitted by all, that the nearer perfection the organization is, the greater the muscular powers and the susceptibility of a high state of mental cultivation, and of course the greater the responsibility to perform the duties of life correctly.

At an early period in life, children manifest a restless desire to *act* and to *know*, and when these natural propensities are properly cultivated, an ardent desire to do all that their muscular powers will permit, and know all that their mental faculties can comprehend, is established at so early an age that the man knows not of its beginning, and should never contemplate its end, until at a good old age, he shall be gathered home to his fathers.

Of the **TEMPERAMENTS** there are four varieties which differ materially in degree, viz:

I. The **MUSCULAR**, in which muscular or physical action excludes mental cultivation, by which, the mind loses its vivacity and acuteness.

II. The **MENTAL**, in which physical action is excluded to a great degree, for mental cultivation and accomplishments.

III. The **SANGUINE**, in which physical action and men-

tal improvement are cultivated with regard to their value connectedly, and the active energies of both body and mind, being strengthened by exercise, are capable of being called into immediate and vigorous action on all proper occasions.

IV. The MORBID, in which an aversion, both to physical and mental action prevails, so that neither body nor mind can be materially aroused on any occasion.

As the TEMPERAMENTS are mostly established in early life, the following observations are intended for the consideration of parents and guardians of youth, with a view to improvement in education.

In order to establish the *muscular temperament*, keep your child at labor as steadily as possible. Allow no time for recreation or childish sports. Teach him to believe that institutions for learning are established more for the purpose of manufacturing knaves and idlers, than for any useful purpose. Dwell long and loud in praise of some master spirit who has added farm to farm, without a sufficient knowledge of letters to enable him to write his own name, or read a sentence correctly, or even do a simple sum in arithmetic; and, if you succeed well in this, your child will in all probability make an honest hearted faithful laborer; but, should he disagree with you in regard to these matters, you must soon learn whether your authority or his obstinacy, and perhaps vices, shall have the ascendancy; for, if he is not contented to labor exclusively, and has no opportunities for mental cultivation, he will soon plan and perfect a dress to serve the devil in. Or if he submits to parental authority with a degree of complacency, he will be constantly unhappy, and look forward to the time when he can think and act for himself, as to a jubilee; and when, at twenty-one years of age he shall introduce himself into a world of which he is comparatively ignorant, he will soon know and feel that every one else knows more, behaves better, and are consequently, more respected than himself. Should he attempt to mount the ladder of fame, with what mortifying awkwardness,

does he advance amid sneers of contempt and ridicule. As he will now look upon labor as the cause of all his misery, and upon his father as the instrument that bound him to it, he will very naturally despise both, and should his self-respect fail him, what can he be but a highwayman, a mail robber, a burglar, a horse thief, a gambler; and in short, a desperado, who will love and practice every kind of vice with delight.

In order to establish the *mental temperament*, represent labor as vulgar, entirely unbecoming a gentleman; make physical action painful, by compressing the body and limbs as much as possible; encourage such studies as have a tendency to keep the mind alive to sympathetic sentiments, without the least reference to the common business of life; and, have a great regard to fashions and gay appearances. You will thus soon succeed in completing as useless and dependent an animal as ever existed; who at the frowns of fortune must seek the company of the one above described, and join in acts of desperation as the only means of support. That this is graphically true of many thus barbarously educated, cannot be denied.

In order to establish the *sanguine temperament*, combine useful and diverting labor with mental cultivation. Inculcate a love for labor, not only for its pecuniary advantages, but because it imparts vigor both to body and mind, and affords various opportunities for doing good to the poor and to other objects of charity; and, because a knowledge of labor in itself is wealth. The youth thus instructed and educated, cannot fail to look forward to the time when by his own industry, he shall be enabled to add to the comfort and happiness of others; his parents if poor, in particular. He will have confidence of success in the pursuit of favorite studies or in labor, as he will realize that he has a mind to plan and hands to execute. This cheerful, warm, ardent confidence is characteristic of the sanguine temperament. In him, his parents will ever find a dutiful son; his brothers, an able counsellor; his

sisters a guardian brother; and his associates and companions, a faithful, affectionate friend.

In order to establish the *morbid temperament*, suffer the tender bud to wither as early in life as possible. Never cheer and animate the mind by a kind word or the smile of approbation; but should the child muster courage sufficient to ask a question in child like simplicity, frown upon him and censure and punish him severely for every thing he says or does. Allow of no amusements or useful instruction, and keep his imperfections constantly in view. This course will soon destroy ability in the best organization ever formed for physical or mental labor.

The principal sources of amusements in the muscular temperament, are that kind of labor to which the individual is accustomed; feats of physical strength or agility, and the low order of sensual gratifications.

In the mental temperament, novel reading, theatrical performances, gambling, horse racing, parties of pleasure and sensual gratifications of every description, are required to keep the mind alive, for it must live if at all, at the top of excitement; and as an idea of useful employment finds no place, much time must necessarily be spent in amusements or despondency.

In the sanguine temperament no extra pains or expense are required for amusements, because, every subject presented opens a new field for contemplation, and the mind is ever alive to the *why* and the *wherefore*, and thus is constantly in the enjoyment of richer pleasures than the idler ever knew.

The morbid temperament, like the dead sea, has no visible outlet, and is neither wider nor deeper in consequence of tributary streams.

As life is frequently compared to a ship upon the boundless deep, let us contemplate the *modus operandi* of preparing a ship to meet and outride the storms which cross its path on the trackless ocean. That the similitude may be the more clearly understood in its application to the different temperaments, we will give the frames (infants,) of

four vessels (men,) equally constructed by the same builder, (the great Creator,) into the hands of four different workmen (parents,) to finish. (Instruct and educate.)

One procures coarse yet substantial materials, sees that every part is well fitted and the frame work well braced, (muscular strength increased by exercise,) that the mast (the object of life,) be of proper dimensions, (capacity of mind,) and well secured by a cord (a love for money,) which is so arranged as to guard it strongly in the intended direction; and, although a suitable quantity of paint (useful learning,) would make the ship more durable, none is procured for fear of expense or ornament, both of which puts the good man in pain; and, no particular pains are taken in calking or pitching, (inculcating moral principles,) or in the convenience of the ship, (expanding the mind upon business principles,) as the great dependence is placed in the strength of the frame work, and in the magnitude and support of the mast.

Another has no particular choice as to the permanency of the materials, provided they appear well to the eye and are capable of receiving a high polish; and, although the same kind of cord is used as for the other, a great variety of gauze and twine is loosely attached in various directions, (the appearance of morality, benevolence, &c.) so as to give a very different appearance and hide from a superficial observer the real direction given by the support of the mast; but when the strength of the cord is put to the test (by an object of charity or an opportunity for a bargain,) it is easily discovered. No braces are used to secure the permanency of the frame work, nor is the least pains taken in calking, pitching or in the convenience of the ship, but ornaments of every description are profusely lavished on every part of the work.

Another carefully selects plain, durable materials; (provides for suitable physical and mental exercises,) sees that every part of the work is well fitted, braced and bolted; (moral honesty, as well as muscular strength, thoroughly established;) that every joint be well secured by

calking and pitching; (no vices allowed,) that the mast be not only of proper dimensions, but of the right material; (objects in life well directed,) that a suitable variety of cordage be employed to secure the permanency of the mast; (justice, morality, benevolence and charity inculcated as important principles,) and that these be supported and strengthened in every possible way. The colors for the painting (different branches of useful learning,) were selected more for usefulness and durability, than for ornament.

The fourth was well pleased with the frame work, yet could not find time to select proper materials or superintend the work, so that every important part of the work was left unfinished, when the four were to be launched, (arrive at mature age to enter upon the business of life,) and receive the approbation or disapprobation of those who witness the scene.

The first, "the Sampson," was launched and its men (associates,) and ballast (business of life,) put on board; and soon a leak was discovered, (want of punctuality, &c.) and by pumping, calking and pitching, (confession and good resolutions,) the craft kept afloat; but it was heavy and forbidding in its appearance; had but one sail (business transactions,) and of course, always moved in one direction. The helm (conscience,) had but little effect in directing the course of this unwieldy vessel.

The second, "Frolic and Fun," was launched and received its men; but, proved so leaky that ballast would be apt to sink it at once; it therefore rolled from side to side, so that the helm was powerless; and it drifted as the wind happened to blow. The sails were often clashing, nevertheless, it drifted merrily before the breeze. As the deck was high (appearances,) the crew thought but little of the water below, and were in high glee.

The third, "The Enterprise," was launched and her men and ballast put on board, and she sat upon the water in unassuming grandeur and majesty. Along her sides appeared in large capitals, "Industry fosters and protects

the Arts and Sciences." Not a drop of the briny ocean forced its way through her well wrought sides, nor did a timber move from its place, and so perfectly well balanced was this beautiful ship in all its parts, as to feel and obey every motion of the helm; and the sails were so arranged as to catch every breeze advantageously.

The fourth was launched and permitted to float without a name, men or ballast, as it appeared to be entirely unworthy of either.

The Sampson proved to be too heavy for a long voyage, and was therefore, unable to procure but a small amount of business and that of the poorest kind.

Frolic and Fun was used only as a pleasure boat for the giddy youth, and very many were lost overboard. She was dependent upon the Sampson and Enterprise for all her supplies.

The Enterprise put to sea with a full cargo, and in due time returned richly laden with the treasures of foreign lands.

The fourth floated in the harbor or elsewhere, and was never noticed except to be shunned.

Phrenologists have also named four temperaments which relate to the predisposition of the body to diseased action, viz: The Bilious, the Lymphatic, the Sanguine and the Nervous. The above, it will be seen, contemplates the influence of education and the duty of those entrusted with the care of children and youth.

OBSERVATIONS ON PHRENOLOGY.

The limits of this work will not admit of an illustration of this highly interesting and important science; yet, a thorough conviction of the correctness of its principles, and the advantage to be derived from them in the education of children, and in the social relations of life, forbid that so important a subject should be passed in silence.

Phrenology teaches that the mind has its seat in the head—that the brain is composed of a number of phrenological organs, each having a separate office to perform, by which the mind is influenced in a greater or less degree according to the size of the organ, and the restraining or assisting influence of other organs, and that these organs can be increased or diminished in size, in proportion to their exercise or inactivity. This being the case, it is important that parents shall understand the phrenological developments of their offspring, sufficiently to be enabled to counteract unequal developments of the organs, by giving action to the mind where action is necessary, and suppress as much as possible, the influence of those organs which enkindle the grosser passions.

It is also important that parents understand the phrenological developments of their offspring, that they may judge correctly with regard to their inclination in fixing upon an occupation suited to their capacity. If, for instance, a young man is capacitated to take a high intellectual stand, having a large, well developed and active brain, a broad chest and well proportioned frame, and has strong inclinations for literary pursuits, his predilection accompanied with vigorous physical exercises should be encouraged; for, if his mind be narrowed down to a mechanic shop or to a farm for which he can have no inclination, he would be constantly unhappy; and it would be equally inconsistent with his happiness to confine him to literature, should his organization lead him to mechanical pursuits; and this is the case with every exercise of body or mind. The fact is, that every member of the human family was formed for happiness and usefulness in some way or other, and if the business of life be judiciously adapted to the capacity of the individual, his time will pass more pleasantly, and he will be far more useful than he could be, were he reluctantly compelled to engage in business for which he was never capacitated, for which he never felt an attachment, and in which consequently he never can succeed.

The desire of a parent or the fancy of a child, may have an influence in selecting an occupation for which the individual was never capacitated. As for example, a man engaging in business which requires strong efforts of the mind in planning, comparing, &c., if the organs of causality and comparison be small, he never can reason with that clearness which he would be enabled to, if those organs were large at the commencement; for, notwithstanding an increase of their size by exercise, they will nevertheless remain comparatively small.

This is the case with regard to every other faculty, and no plan has as yet been devised by which to judge accurately of the capacity of the mind, except by the principles of phrenology. These principles are fully and as clearly brought to view in Fowler's Practical Phrenology, as in any work extant, and perhaps more so; and as the expense of the work is trifling compared to its great value, it should find its way into every family library.

Many convincing proofs are recorded of the importance of accompanying literary pursuits with vigorous physical exercise, among which is the following, from Professor Fowler's "Practical Phrenology," page 29.

"Both while at College and in my professional visits to our principal Colleges since my graduation, I have observed it is a uniform fact, that those students who have been brought up without having labored, never took a high intellectual stand, except in parrot-like scholarship.— They always showed a want of mental vim and pith, and the powers of tough, close hard thinking. After they enter upon the business of life, their case is still worse, for then to rise to eminence is impossible. If I am thankful to God and my father for any thing, it is that I was made to work hard and constantly on the farm until eighteen years of age, when I began to prepare for College. I left home with only four dollars in the world, with my all on my back, on a journey on foot of 400 miles. I worked my way to College and through College. Instead of earning money by teaching school, I supported myself by saw-

ing, splitting and carrying the wood of my fellow students up *three or four flights of stairs* ; improving in this way every hour except study hours, and often portions of the night. My fellow students laughed at me then, but now the boot is on the other foot. I thought it a hard row to hoe, but a rich harvest it has yielded me ; and you, reader, owe to this same cause whatever of delight or benefit my lectures, writings and examinations afford you."

Again, he says, on page 31, " But, owing to the bad organization of society alluded to in the close of the chapter on temperaments, men have no *time* to attend to their health, in consequence of which the violated laws of nature *compel* them to find time to *be* sick, and to *die* sooner than they otherwise would."

Colby's Guide to Health, says, " It is a law of our nature that a certain amount of active exercise in the open air must be taken every day in order to be perfectly healthy."

In Buchan's Domestic Medicine, is the following, " Inactivity never fails to induce a universal relaxation of the solids, which dispose the body to innumerable diseases. When the solids are relaxed, neither the digestion, nor any of the secretions, can be duly performed. In this case the worst consequences must ensue. How can persons who spend the day in easy chairs, and the night on beds of down, fail to be relaxed? Nor do those greatly mend the matter, who never stir abroad but in a coach, sedan, or such like."

AN APPENDIX

IN which the reader will see the *horrid* consequences of the use of calomel, the lancet, &c., as exhibited by the advocates for their use. That these agents have been the means of doing good, I am not disposed to deny; but, that they have ever done good that could not have been effected by nature assisting remedies, I seriously doubt. An account of the death bed scene of some of the distinguished men whose memory is cherished with feelings of veneration, bordering upon enthusiasm, may be taken as a fair specimen of thousands whose stations in life did not thus call forth the censure of medical observers.

From Mattson's Improved Guide to Health, page 70: "Washington, for instance, after having fought the battles of his country unharmed, was killed, according to the best authority, by his physicians. Byron, also, England's noblest poet, met with a similar fate; and I might mention Spurzheim, Wirt, Miss Landon, and a host of others, equally distinguished for their genius and virtues, who paid the forfeit of their lives by obeying the injunctions of their medical attendants. With regard to the decease of Washington, I will quote the observations of John Reid, M. D., Physician to the Finsbury Hospital, England, and Professor of the Theory and Practice of Physic.

"In reading the official report of the death of General Washington," says Dr. Reid, "I should imagine there were few medical persons who did not feel astonishment at the extraordinary manner in which that great man was treated by his physicians, during his last and fatal indisposition.

Some time in the night of the 13th of December, it is said, the General was seized by a disease called the *cynanche trachealis* or croup.

During the same night he sent for a bleeder, who took from him 12 or 14 ounces of blood.

Next morning a physician was sent for, who arrived at Mount Vernon at 11 o'clock; when, imagining danger in the case, he advised the calling of two consulting physicians.

In the interval, however, he thought proper to employ, in spite of the 12 ounces that had already been expended, two copious bleedings. Now, when we consider that these are called *copious*, and the other is not noticed as such, and all the indifference with which a future *most copious* bleeding, is afterwards mentioned, we may presume that each of these was at least 20 or 25 ounces.

After this, 'two moderate doses of calomel were administered.' I know not exactly, what an American moderate dose of calomel may be; but if it is fair to presume it be in proportion to the bleedings, we may conclude that it was at least very considerable.

Upon the arrival of the first consulting physician, it was agreed, that, as there were no signs of accumulation in the bronchial vessels of the lungs, they should try another bleeding.

Now this appears to be perfectly inexplicable. As there were, at present, no signs of accumulation in the bronchial vessels of the lungs, they were driven to another bleeding. Hence it will be seen, that this last bleeding was to produce an accumulation in the bronchial vessels of the lungs! There was great difficulty of breathing, great inflammation; but as there was as yet no accumulation in the lungs, they were determined to induce that also, and as a likely means of inducing it, had recourse to the most extravagant effusion of blood. This is not an unfair interpretation of their words; but it could not have been their real meaning; their real meaning it is impossible to discover. In addition to all their previous venesections, *thirty-two* ounces are now drawn! The medical reader will not be surprised to find that this was unattended by any apparent alleviation of the disease.

In the next place, vapors of vinegar and water are frequently inhaled. Two doses of calomel were already

given, but this is not deemed sufficient; ten grains of calomel are added; nor is even this sufficient. Repeated doses of emetic tartar, amounting in all to five or six grains, are now administered. It is said, the powers of life now seemed to yield to the force of the disorder. To many, it may appear that the yielding of the vital principle, in these circumstances, was not altogether owing to the force of the disorder.

The patient, lying in this feeble, nearly exhausted state, is to be still further tormented. Blisters were next applied to his extremities, together with a cataplasm of bran and vinegar to his throat.

It is observed that speaking, which was painful from the beginning, now became scarcely practicable. When we reflect upon the extreme weakness to which the patient must, by this time, have been reduced, and that he had both a blister and a cataplasm of bran and vinegar to his throat, can we wonder that speaking would be scarcely practicable! respiration grew more and more contracted and imperfect, until after 11 o'clock on Saturday night, when he expired without a struggle.

Think of a man being within the brief space of a little more than twelve hours, deprived of 80 or 90 ounces of blood; afterward swallowing two *moderate* American doses of calomel, which were accompanied by an injection; then ten grains of calomel and five or six grains of emetic tartar; vapors of vinegar and water frequently inhaled; blisters applied to his extremities; a cataplasm of bran and vinegar applied to his throat, upon which a blister had already been fixed; is it surprising that when thus treated, the afflicted General, after various ineffectual struggles for utterance, at length articulated a desire that he might be allowed to die without interruption!

To have resisted the fatal operation of such herculean remedies, one should imagine that this venerable man ought, at least, to have retained the vigor of his earliest youth."

Thus speaks a member of the medical profession, and

it will not be denied, perhaps, that he is competent authority. As a professor in a medical college, his opinion is certainly entitled to respect and consideration. The official report to which he alludes, was furnished by Dr. Craik, attending physician of General Washington, and Dr. Dick, consulting physician. Of its accuracy, there is not a doubt; and Dr. Reid has not misrepresented it in the slightest particular. Independent of this high authority, however, it is generally admitted by medical men, that Washington fell a victim to the lancet. Dr. Joseph Comstock, speaking of the effects of blood-letting in diseases of the throat, says, 'I have long viewed Gen. Washington as having fallen a martyr to this practice.'—(Boston Medical and Surgical Journal, vol. xx. No. 13.) William Cobbett, in the eleventh volume of his works, page 20, says, 'That the *lancet*, which has destroyed, in America, many more than have been destroyed by the *yellow fever*, put a period to the existence of Gen. Washington, NO ONE CAN DOUBT.'

Dr. Reid says, "If the employment of the lancet were abolished altogether, it would perhaps save annually a greater number of lives, than in any one year the sword has ever destroyed."

Dr. Good, (well known as an author in the old school practice,) says, "The science of medicine is a barbarous jargon, and the effects of our medicine on the human system are in the highest degree uncertain, except, indeed, that they have already destroyed more lives than war, pestilence, and famine combined."

The effects of mercury are vividly portrayed by Professor Chapman of Philadelphia. See Professor Morrow's lecture delivered in Cincinnati, Nov. 6, 1843.

"If you could see what I almost daily see, in my private practice, * * * * you would exclaim, as I have often done, O the lamentable ignorance which dictates the use of that noxious drug, Calomel. It is a disgraceful reproach to the profession of medicine—it is quackery, horrid, unwarrantable, and murderous quackery. What mer-

it do physicians flatter themselves they possess by being able to salivate? But I will ask another question: Who is there that can stop the career of Calomel when once it has taken the reins into its own possession? He who resigns the fate of his patient to Calomel is a vile enemy to the sick, and if he has a tolerable practice will in a single season lay the foundation for a good business for life, for he will ever afterwards have enough to do to stop the mercurial breaches in the constitutions of his dilapidated patients. He has thrown himself in close contact with Death and will have to fight him at arms' length as long as one of his patients maintains a miserable existence."

Dr. Powell, formerly professor in the Medical College at Burlington, Vt., in a letter to Dr. Wright of Montpelier, says:—

"It is to be hoped that the time is not far distant, when all deleterious poisons will be struck from our *Materia Medica*. It is my opinion, that calomel or mercury has made far more diseases since it has been so universally exhibited, than all the epidemics of the country. It is more than ten years since I have administered a dose of it, although I have been daily in the practice of physic, and I am sure I have been more successful in practice than when I made use of it. The last dose I had in the house, I gave to some rats, and it as radically killed them as arsenic."

Dr. Graham, of the University of Glasgow, says:—

"We have often had every benevolent feeling of our mind called into painful exercise, upon viewing patients, already exhausted by protracted illness, groaning under accumulated miseries of an active course of mercury, and by this forever deprived of perfect restoration; a barbarous practice, the inconsistency, folly and injury of which no words can sufficiently describe."

Dr. Robertson, of Cincinnati, says in his lectures,

"It is astonishing, and will remain an astonishment to future generations, that the very rankest poisons are the greatest remedies now in use in the world, and have been

for the last fifty years. It would be a melancholy tale, could it be told of the millions who have perished through this practice."

Professor Barton, of the Medical College of Louisiana, says of the tomato, "I freely wish it success, after having witnessed, for sixteen years, the horrible ravages committed by calomel."

By removing disease with such unnatural agents, another disease is often created, more to be dreaded than the first, as the following, from the pen of the great Dr. Reese, of London, will clearly show:—

"We know not whether we have most reason to hail the discovery of mercury as a blessing or regard it as a curse, since the diseases it entails, are as numerous as those which it cures. There are, also, serious objections to other articles of the metallic world; antimony, iron, and arsenic, are dangerous remedies, in the hands of the ignorant; and mankind, perhaps, in the aggregate, would be benefitted by their expulsion from the medical practice."

Another sentence from the same pen, may not be amiss.

"Poor must be the resources of that physician's mind, and very narrow his knowledge of medical botany, who could not, from the vegetable kingdom, alone, cure most of the diseases of the human frame."

I have thus, in this Appendix, endeavored to show the reasons which have impelled me to action.

Toward many of the medical faculty I entertain feelings of respect, and friendship, and believe them to be honest in their efforts to restore the languishing sufferer to health; but, after witnessing the superior efficacy of botanic remedies, in many cases which had been pronounced incurable, I am astonished that any could be found to oppose the progress of medical botany, and can account for it only in their adherence to their education.

GLOSSARY.

-
- Abdomen**—The cavity of the body below the midriff.
Acute—Sharp, pointed; the violent stage of disease.
Alteratives change the action gradually.
Alluvial—Added by the wash of water, intervale land.
Anodynes mitigate pain.
Antacids counteract acidity.
Anti—Against, opposite to.
Anti-Bilious—Against bilious affections.
Anti-Dysenteric—Good in dysentery.
Anti-Septics—Counteract putrefaction.
Anti-Spasmodics—Counteract spasms.
Aromatic—Odoriferous; of an agreeable scent.
Astringents are contracting to the animal fibre.
Auditory—Pertaining to the sense of hearing.
Auxiliary—An assistant.
Biennial plants perish the second year.
Bronchial—Pertaining to the wind pipe.
Bulbous roots are round, like the garlic, &c.
Calculous—Stony or gritty substances.
Carminatives expel wind.
Cathartics purge downward; physic.
Caustics consume flesh; corroding applications.
Capillary—Minute, small in diameter.
Capsule—The seed vessel of a plant.
Cellular—Consisting of, or containing cells.
Chronic—Of long duration; not acute.
Conserves—The juice of fruit preserved with sugar.
Concretion—The union of particles into a body.
Costiveness—Unnatural retention of the feces.
Coagulate—To change from a fluid to a thick mass.
Congestion—A collection of blood or other fluids. [death.
Crisis—The change of disease which indicates recovery or

- Culinary—Relating to the kitchen ; for table use.
 Cutaneous—Pertaining to the skin.
 Demulcent—Softening, molifying, assuasive.
 Detergents—Cleanse the fluids.
 Dilapidated—Decayed by age, or neglect.
 Diaphoretics—Promote insensible perspiration.
 Discutient—Dispersing to morbid matter.
 Diuretics—Promote the discharge of urine.
 Effluvia—That which rises in vapors.
 Emetics—Excite vomiting.
 Emmenagogues—Promote the monthly evacuation.
 Engorgement—A collection of humors.
 Epispastics are drawing or blistering applications.
 Equilibrium—Well balanced ; equal circulation.
 Errhines, promote sneezing.
 Eructation—Forcing up wind, &c., from the stomach.
 Expectorants, promote the secretions of the lungs.
 Fauces—The surface above the palate.
 Febrifuge—A medicine to mitigate or remove fever.
 Febrile—Indicating fever.
 Feces—The natural discharges by stool.
 Fetid—Of a disagreeable scent ; stinking.
 Flatulency—Wind in the stomach or bowels.
 Fluctuation—Moving as waves.
 Foot-Stalk—The stalk of the leaf. [exceedingly sensitive.
 Fungus—An unnatural excrescence, which, in sores is
 Glands, serve as strainers in the secretion of fluids.
 Glottis—The head or aperture of the larynx or wind pipe.
 Hereditary—Received from parents.
 Hydragogues, promote watery discharges.
 Induration—The act of hardening.
 Inspissated—A fluid thickened or hardened.
 Lacerate—To cut, tear or rend irregularly.
 Larynx—The wind pipe, the trachea.
 Lassitude—A sense of weariness or fatigue.
 Laxatives, gently promote evacuations by stool.
 Ligament—A strong substance which unites the bones.
 Lithontripics, dissolve calculous concretion.

- Lymph—A colorless fluid in animal bodies.
Lithotomy—The art of cutting for the stone in the bladder.
Marasmus—A wasting of flesh without apparent disease.
Midriff—The partition between the thorax and abdomen.
Morbid—Diseased; not in a healthy state.
Mucilage—A tenacious liquid.
Mucus—A tenacious discharge or fluid.
Muscle—The fleshy, fibrous part of animals.
Narcotic—Causing stupefaction, or insensibility.
Nauseate—To produce sickness at the stomach.
Nephritics, remove diseases of the kidneys.
Nervines, give tone to the nerves.
Neutralize—To render inactive.
Obtuse—Blunt or dull; not acute.
Orifice—The mouth of a tube, pipe or other cavity.
Paralytic—Paralyzed, or, inclining to palsy.
Parotid—Pertaining to the glands under & before the ear.
Paroxysm—A fit; exacerbation or violent stage of disease.
Pelvic—Belonging to the pelvis. See Vol. II.
Pendulous—Hanging, not supported below.
Perennial plants continue year after year.
Pericardium—The membrane which includes the heart.
Pinnated—Leaves in opposite pairs on the foot-stalk.
Potion—A dose.
Premonitory—Giving warning or notice.
Prolific—Fruitful, productive.
Protuberance—Swelled above the adjacent parts.
Pungent—Sharp, biting, acrid.
Purulent—Consisting of pus.
Pus—The matter of a well digested sore.
Putrid—Rotten, corrupt.
Rectum—The lowest portion of the intestines.
Refrigerant—Cooling, counteracting to heat.
Retching—Straining efforts to vomit.
Saliva, the secretion of the salivary glands, spittle.
Scirrus or Scirrus, indurate, hard, knotty.
Scrotum, the envelope for the testicles.
Seimen, the generative fluid secreted by the testicles.

- Serrated, formed like the edge of a saw.
Sedative, soothing, quieting.
Secretion, the act of separating fluids.
Serum, the transparent part of the blood, &c.
Slough, to come off.
Spasms, violent involuntary action of the muscles.
Sphincter, the closing muscle for several passages.
Spontaneous, uncultivated, unassisted by art.
Stimulant, that which excites to action.
Styptics, counteract hemorrhages.
Sudorifics, promote sweating.
Suppurating, forming pus.
Syncope, fainting or swooning.
Tenesmus, painful efforts or urgent desire to go to stool.
Tension, being stretched or strained to stiffness.
Tepid, luke warm.
Testicle, the organ of seed in male animals.
Therapeutical, teachings or labors for the cure of diseases.
Thorax, the chest; the cavity above the midriff.
Tissue, texture or organization of parts.
Tonics, give tone to the animal fibre.
Tonsil glands, are each side of the base of the tongue.
Torpor, dullness, languor, inactivity.
Torrefaction, the process of drying by the fire.
Triennial, plants perish the third year.
Triple, three equal parts.
Tuft, a cluster, a clump.
Tumor, a swelling.
Tympanum, the drum of the ear.
Ulcer, a discharging tumor.
Umbel, a cluster of blossoms or seeds.
Valetudinarian, a person uncommonly careful of health.
Vermifuges, expel or destroy worms.
Virus, foul matter of an ulcer, poison.
Viscera, the internal parts, the stomach, intestines, &c.
Viscid, tenacious, glutinous, sticky.
Vitiated, injured in quality, rendered impure.
Volatile, easily passing off, by evaporation.

INDEX.

PART FIRST

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ERRATA.

On page 42 for piprisway, read pipsisway.

On page 72, third line from bottom; directions for the use of white ash not correct, and, as other articles are superior, the white ash should not be used as an emetic.

Page 126 bottom line, for pungus read fungus.

Page 136, the directions are not correct for the

COMPOUND OIL OF TAR.

Mix well together equal quantities each of the oil of tar and tincture of blood root. Dose, 10 to 20 drops on loaf sugar or in new milk before meals; or, of the oil 5 to 10 drops. Good in cases of cough, pain in the breast, side, &c., in the absence of febrile excitement.

Page 139 fourth line from bottom, for Humm read Hunn

Other typographical errors have been noticed, yet they are not such as will be apt to mislead the mind.





